

Poll Results: Number of USA Vegetarians & Vegans

VOLUME XXXIV, NO 4

# VEGETARIAN

## JOURNAL

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### *Holiday* Finger Foods

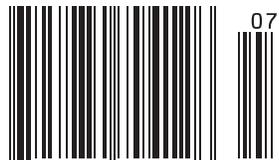
**Soups:**  
*A Winning  
Menu Item*

**Snacks for Athletes!**

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# NUTRITION HOTLINE

**REED MANGELS, PhD, RD**



*This issue's Nutrition Hotline addresses vitamin B12 supplements.*

Food	Vitamin B12 (micrograms per serving)
Veggie "meat analogs," fortified, 1 oz	1.0 - 3.0
Soymilk, fortified, 1 cup	1.2 - 2.9
Protein bar, fortified, 1 bar	1.0 - 2.0
Nutritional yeast, Vegetarian Support Formula, 1 Tbsp	4.0
Marmite yeast extract, 1 tsp	0.9

**QUESTION:** *Do vegans have to take vitamin B12 supplements?*

**ANSWER:** Vegans, just like other vegetarians and nonvegetarians, need to have reliable sources of vitamin B12. Reliable sources for vegans are foods fortified with vitamin B12 and vitamin B12 supplements. Fortified foods – foods that have vitamin B12 added to them – include some brands of plant milks, some vegan meats, some breakfast cereals, some energy bars, some tofu, some nutritional yeast, and various other foods. Most multi-vitamins contain vitamin B12 and it is available as a stand-alone supplement also. To find out if a food is fortified with vitamin B12, check the nutrition label – added vitamin B12 will be indicated. If vegans' vitamin B12 intake from food sources is adequate, supplements are not needed, although it is important to be sure that fortified food sources are reliable, adequate, and used daily.

The table to the left shows the amount of vitamin B12 in some foods.

Clearly, a person drinking 2 cups of fortified soymilk (2 x 1.2 = 2.4 mcg) or choosing other fortified foods could achieve the levels of vitamin B12 recommended by the Dietary Reference Intakes (2.4 mcg/day is the Recommended Daily Allowance (RDA) for an adult). The low amounts of vitamin B12 added to fortified foods helps with absorption; 60% of low dose (less than 5 mcg) of vitamin B12 is absorbed.<sup>1</sup>

If supplements are used, be

aware that the amount absorbed is reduced, the higher the dose of the supplement. About 5% of the vitamin B12 in a supplement containing 25 mcg of vitamin B12 is absorbed.<sup>2-4</sup> A lesser amount, 1% or less, of the vitamin B12 in a supplement containing more than 100 micrograms of vitamin B12, is absorbed.<sup>1,3</sup> Vegan registered dietitians Jack Norris, RD and Virginia Messina, MPH, RD recommend that if vitamin B12 supplements are used, you should take either a 25-100 microgram supplement once a day or a 1000 microgram supplement three times a week.<sup>5</sup>

For more about vitamin B12, refer to Jack Norris, RD's excellent webpage: Vitamin B12 – Are You Getting It? <http://vegan-health.org/articles/vitaminb12>

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1. Institute of Medicine, Food and Nutrition Board: *Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B-6, Folate, Vitamin B-12, Pantothenic Acid, Biotin, and Choline*. Washington, DC: National Academy Press, 1998.
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Also, if you do not want your name traded to other organizations, please let us know.

### 6 • Holiday Soups

Chef Nancy Berkoff serves up soothing soups.

### 10 • Gelatin, Carmine and Rennet Labeling

By Jeanne Yacoubou, MS

### 14 • Finger Foods for the Holidays

Zel Allen will entice you to prepare delicious finger foods for your next party at home, in your office, or at school.

### 20 • 2015 VRG Scholarship Winners

Learn about their terrific accomplishments and future plans.

### 23 • VRG's Ingredient Classification Scheme/ Evolution of Ingredients

### 24 • How Many Americans are Veggie?

### 27 • Vegan Snacks for Athletes

## DEPARTMENTS

<i>Nutrition Hotline</i>	2
Do vegans have to take vitamin B12 supplements?	
<i>Note from the Coordinators</i>	4
<i>Letters to the Editors</i>	5
<i>Notes from The VRG Scientific Department</i>	11
<i>Scientific Update</i>	12
<i>Veggie Bits</i>	28
<i>Book Reviews</i>	30
<i>Vegan Cooking Tips</i>	32
Festive Treats for the Holiday Season, by Nancy Berkoff, RD, EdD, CCE	
<i>Catalog</i>	33
<i>Vegetarian Action</i>	35
John Lytle: Vegan Cooking at a Soup Kitchen	
<i>Interning at VRG; Richmond VegFest</i>	Back Cover



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## NOTE FROM THE COORDINATORS

### DIETARY GUIDELINES—HEALTH, ENVIRONMENT, ETHICS?



The 2015 Dietary Guidelines Committee established by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture issued a report, which is about 600 pages long. Following the comment period, they will then form updated Dietary Guidelines, which have an impact on much of U.S. nutrition policy. VRG Nutrition Advisor Reed Mangels read the preliminary report and submitted testimony, which you can read on our blog posting from May 13, 2015 on [www.vrg.org/blog](http://www.vrg.org/blog).

In the Executive Summary, they stated that about half of all American adults – 117 million individuals – have one or more preventable chronic diseases, and about two-thirds of U.S. adults – nearly 155 million individuals – are overweight or obese. It is well established that nutrition and food have an incredible health and economic impact. If you are conservative-leaning, this is certainly reason for personal change or opportunities for entrepreneurs. If you are liberal, you might suggest government policy updates. But either way, vegetarians of various political beliefs know there is a reason for change.

Interestingly, in the Executive Summary they stated they have enough information from existing research to model and examine three dietary patterns: the Healthy U.S.-style Pattern; the Healthy Mediterranean-style Pattern; and the Healthy Vegetarian Pattern. Who would have thought that vegetarianism would be one of the choices?

The Executive Summary stated, “Linking health, dietary guidance, and the environment will promote human health and the sustainability of natural resources and ensure current and long-term food security.” For more than 30 years, VRG’s slogan (like the vegetarian movement) has been a linking of health, environment, and ethics. It is incredible to us that the Dietary Guidelines experts are now officially trying to link health and environment in the formulation of policy. There was pushback against this, so look at the final report to see what happened. However, the last leg has still been left out – ethics. No matter how much you educate people, for the majority of people to make nutrition changes and stick to them, they need a higher belief. For someone who keeps strictly kosher, they may find it impossible to stick to a diet for losing weight, but nothing under normal circumstances will tempt them to eat non-kosher foods. The same would apply to Halal, or a person who is vegan because of ethics about eating animal products. Eventually, those formulating nutrition policy and education programs will have to add that other component and realize that people need a personal belief reason to make and stick to dietary changes. For our younger readers, save our prediction. Thanks for your long-term support and advocacy.

*Debra Wasserman & Charles Stabler*

*Coordinators of The Vegetarian Resource Group*

## VRG's MEMORIAL AND HONORARY GIFT PROGRAM

How often have you wanted to make a gift in honor of a loved one or friend but weren't sure which charities are vegetarian-friendly, pro-environmental, or pro-animal rights? Please remember The Vegetarian Resource Group. You can make a gift in memory of a loved one or as a living tribute to honor someone you care about on a special occasion, such as a wedding or birth. We'll send an acknowledgement to you and to the recipient(s) you choose. Your gift will support educational outreach programs and help promote vegetarianism.

### Memorials & Honorary Gifts

In memory of: \_\_\_\_\_

\_\_\_\_\_

In honor of: \_\_\_\_\_

\_\_\_\_\_

Please send acknowledgement to:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

*My name and address:*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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*Make checks payable to The Vegetarian Resource Group and mail to P.O. Box 1463, Baltimore, MD 21203 or donate at [www.vrg.org/donate](http://www.vrg.org/donate).*

Special thanks to the companies that donated items to The Vegetarian Resource Group Auction (see page 22).

Thanks to these volunteers who have helped VRG: Matt Baker, RN; Anne Custer; Shani Stewart; David Milner; Laura McGuiness; Whitney Blomquist; Elsa Spencer, PhD; Carter Merrick; Colin Hickey-Schiappa; Bella Wilson; Navaal Mahdi; Myrial Holbrook; Lily Donofrio; Eric Sharer, MPH, RD, LDN; Sage Robie; Reed Mangels PhD, RD; Suzanne Hengen; Arnold Alper, MD; Jane Michalek; Carole Hamlin; Ivy Grob; Autumn Burton

## DIETETIC STUDENTS VISIT OUR OFFICE

I wanted to thank you so much for an amazing visit at your facility. I think I can speak for the entire class when I say we had a great time. I am currently a vegetarian, but am inspired to return to full vegan. I am so appreciative for all the amazing books and look forward to dining in! Thank you.

Anastasia M., Maryland

Thank you so much for hosting a great class day for the University of Maryland dietetic interns. The information you provided was so interesting. I loved hearing from your interns. The work you guys do is truly admirable. Thank you for the books/resources. I hope to stay in touch.

Rayna H., Maryland

## FOLLOW-UP FROM 2014 VRG SCHOLARSHIP WINNER

This thank you is long overdue, but I'll never forget how The VRG Scholarship continues to change my life. I'm now attending the University of Richmond,

where I'm currently rocking the vegan lifestyle and looking to promote it by baking my peers vegan cookies, and potentially starting some kind of vegetarian society on campus. Without VRG, all of this might not have been possible, and I'm truly grateful...I've had time to reflect on parts of my life that are so influential to who I am today. I owe VRG a huge thanks for making me successful in my switch to veganism, and now, my education as well!

Izzy P., via e-mail

## VRG SCHOLARSHIP 2015 ENTRANT

I just felt it would be respectful of me to express my gratitude for the *Vegetarian Journal* I was sent in honor of applying for your scholarship. I really do love it. I can't wait to make one of the listed meals and to find out what local stores sell the recommended vegetarian foods. Thank you.

Faith R., via e-mail

*Editors' Note: Thanks to an anonymous donor, The Vegetarian Resource Group offers three scholarships each year to graduating high school seniors. One is \$10,000 and the other two are \$5,000 each. For details see: <http://www.vrg.org/student/scholar.htm>*

Letters to the Editors can be sent to: Vegetarian Journal, P.O. Box 1463, Baltimore, MD 21203. You may also e-mail letters to [vrg@vrg.org](mailto:vrg@vrg.org).

Coming in the Next Issue:

## MODERN COMFORT FOOD

**Plus:** Taco Fillings, Tempeh Dishes, Do I Need to Take Multi-Vitamins to Be Healthy?, Airport Travel Food Tips...

# Holiday Soups

By Chef Nancy Berkoff, RD, EdD



**S**oup as an appetizer or entrée is a winning menu item. Its appeal is universal. Soup can be easily prepared and is a welcome dish during the holidays.

All soups start with a good base, which is generally a stock. Make your own vegetarian stock using the recipe on page 7, or use a commercial base. If using a commercial base or stock, read the label for quality ingredients and try to select lower-salt varieties. Salt does not contribute to the taste profile wanted from a flavorful soup and can toughen vegetables and legumes.

If preparing your own vegetable stock, make enough to freeze so that you have a steady supply. Build a vegetable stock with *mirepoix*, a chopped vegetable base. Try a mixture of 2 parts onions to one part celery and carrots, or 2 cups of onions, 1 cup of celery, 1 cup of carrots, and a sachet (a piece of cheesecloth or a paper coffee filter usually containing parsley stems, thyme, peppercorns, and a garlic clove). Use fresh or dried mushrooms, fresh fennel, parsnips, or tomatoes for flavoring. Additionally, white wine or vermouth can be used to enhance the flavor of the vegetables.

The basic thickener for soups and stocks is *roux*, which is made from equal parts fat and flour. Use vegan margarine or vegetable oil instead of butter or bacon fat and you have a vegan *roux* that can be used wherever a flour-based thickener is appropriate. Make a vegan béchamel sauce (a milk-based sauce thickened with *roux* and flavored with onion, whole clove, and bay leaf) with soymilk and vegetarian *roux*. This can be flavored to use as a sauce for vegan macaroni and ‘cheese’ or other vegan sauces or can be used as the base for a ‘creamy’ vegan soup (think ‘cream’ of broccoli, potato chowder, etc.). Make *roux* ahead of time and store in the refrigerator to be used when needed.

## Soup Varieties

A basic chowder is a combination of *mirepoix*, *roux*, potatoes, and milk; anything goes after that. Use soymilk or puréed silken tofu for the milk and try potato, corn, lentil, bean, onion, or carrot chowder. Create an onion

chowder with the usual base and add three or four different types of onion (think red, white, leek, scallion, or sweet) and diced red potatoes. ‘Chowder’ comes from ‘Chaudière,’ the name given to the thick stockpot that French fishermen used to create hearty soups. These soups cooked continuously for 3-4 days while the fishermen were out at sea and were meant to be a “meal in a pot.” Pair your potato and greens (use Swiss chard, collards, or spinach) or white bean and apple chowders with freshly-baked bread or bread sticks and a tossed green or fruit salad and you have a full meal.

Borscht is a beet-based Russian soup with many variations. Cook diced, peeled beets (they create their own broth) until soft and add lots of shredded cabbage, minced carrots and onions, and diced potatoes for a colorful soup.

French onion soup usually has a beef stock base. You can use a mushroom stock instead and add thin slices of grilled tofu instead of the traditional cheese. Or, just use seasoned vegan croutons and forget the cheese altogether.

Puréed tofu has a creamy, thick texture and a bland flavor, perfect for soups. If reconstituting canned soups that require milk, use half puréed tofu and half water instead of the required amount of milk. Make a fast ‘cream’ of broccoli with puréed tofu, a small amount of puréed cooked broccoli, and cut broccoli; season with white pepper and a bit of nutmeg. You’ll have a vivid green soup that looks and tastes as if it was prepared with whole milk or cream. This can also be done with spinach, carrots, corn, and cauliflower. ‘Creamy’ tomato soup can be made with canned tomato soup, puréed tofu, water, and drained, canned chopped tomatoes

Puréed root vegetables are also creamy in appearance. Cook carrots until soft enough to purée. Purée them with several peeled, cooked potatoes for a vibrant orange soup. This can be seasoned with granulated garlic, onion powder, and pepper or with mace and coriander. The same can be done with winter squash (butternut or turban), yams, and potatoes.

For a fast ‘cream of’ soup, purée some leftover broc-

coli and combine with vegan canned cream of broccoli (or cream of celery) soup and tofu. With a little stirring, you'll have a thick, "creamy" soup that won't separate.

Dried or canned beans make for easy-to-prepare vegetarian soups. Combine soaked, rinsed and drained beans or drained and rinsed canned beans with *mirepoix*, tomatoes, mushrooms, and seasonal vegetables. Allow to cook until beans are tender and the flavors combined. For a thicker appearance, purée a portion of the bean soup and add back to the pot, allowing it to heat. Puréed bean soups can be allowed to reduce or thickened with potato and used for a sauce over vegetables and pasta.

Vegetarian soups should be thickened to add texture and flavor. Mashed potato mix is actually easier to work with than flour or cornstarch and may have the extra added attraction of being fortified with vitamin C. Just be careful. If you add too much, you'll have soup the texture of mashed potatoes, so have a steady hand. Soy yogurt or soft tofu can be used as thickeners. They give a silky, full texture and the yogurt adds a pleasant tang. Puréed carrots and cooked, mashed sweet potatoes are also natural thickeners, perfect for wintry holiday soups.

Canned or frozen soups can form a base for hearty vegetarian soups. Add vegan mini-ravioli, tortellini, frozen vegan meatballs, or chunks of tofu as an extra ingredient, and top with shredded vegan cheese and shredded fresh spinach. Add extra beans and pasta to minestrone and vegetable soups. Purée extra portions of vegetables, such as carrots, celery, and mushrooms and add to vegetable, split pea, and bean soups.

Add cooked, diced potatoes and carrots to vegetable soups. For extra fiber, add cut corn, beans, and tomatoes to vegetable soups and chowders. Make a fast vegetable chowder by combining tomato soup with canned, chopped tomatoes, canned or frozen cut corn, cooked, diced potatoes, sliced mushrooms, and diced frozen or canned carrots. Thicken with tofu or vegan yogurt.

If you have a little more time, you can use canned, frozen, or from-scratch broths or stocks to create new soups. Add frozen or fresh snow peas, chopped green onions, or canned, sliced bamboo shoots and water chestnuts to create an Asian-influenced soup; season with low-sodium soy sauce and fresh or ground ginger. Garnish with canned or fresh soybean sprouts and pair with vegan spring rolls. Combine vegetable broth with frozen, chopped vegetables and rice to create a fast vegetable soup. For a creamier texture, allow the rice to cook right in the soup. Combine vegetable broth with tomato soup, add cooked beans and canned mushrooms, and flavor with basil and oregano for a fast, Mediterranean-flavored soup.

The holiday season is a great time for soup! Enjoy the recipes that follow!

## Vegetable Stock

(Makes 2 quarts or 8 cups)

This stock can be made in large batches and frozen for future use. With this basic stock, you can quickly build an elegant soup. For example, you can quickly sauté a vegetable blend, add it to heated stock and serve with croutons. You can also serve a soup of stock combined with cooked pasta and garbanzos in the shell of a green or red bell pepper or a roasted butternut squash. Finally, you can heat stock and add sliced mushrooms and a dash of soy sauce or miso. Right before serving, add in fresh, cleaned spinach or bok choy leaves and fresh peas, defrosted peas, or edible peapods (also called snow peas). Stir quickly to allow greens to wilt and other ingredients to warm and serve.

**2½ cups diced onions**

**1¼ cups diced carrots**

**¾ cup minced celery**

**2 cups sliced fresh mushrooms**

**1 cup sliced fresh parsnips (substitute another ½ cup carrots if parsnips are not available)**

**½ cup vegetable oil**

**1¼ cups chopped leeks or green onions**

**¾ cup chopped fresh tomatoes**

**5 cloves garlic, minced**

**4 cups water**

**½ cup chopped fresh parsley**

**4 bay leaves**

**2 Tablespoons ground, dried thyme**

**1 Tablespoon whole black peppercorns**

**¾ cup dry white wine or vermouth (optional) or ¾ cup cold water with 2 teaspoons white vinegar**

Toss onions, carrots, celery, mushrooms, and parsnips with oil to coat. Place in a roasting pan and roast in a very hot oven (about 475 degrees) for 20 minutes, or until browned.

Place roasted veggies in a stockpot. Deglaze (get veggies and oil off the bottom of the pan) roasting pan with a small amount of hot water or wine. Add to stock pot.

Add leeks, tomatoes, garlic, and water and bring to boil. Reduce heat.

Add parsley, bay leaves, thyme, peppercorns, and wine (or water-vinegar mixture) and allow to simmer for 20 minutes or until desired flavor strength is achieved.

Strain, cool and refrigerate or freeze until ready to use.

*Notes:* For a stronger flavor, stock can be allowed to reduce (to cook for a longer period of time until the volume is reduced) to concentrate flavors. Use stock as a base for soups, sauces, salad dressings, and for the liquid in cooked rice and grains, vegetables, and casseroles.

Calculated as 1 serving = 1 cup  
Total calories per serving: 186    Fat: 14 grams  
Carbohydrates: 15 grams    Protein: 2 grams  
Sodium: 32 milligrams    Fiber: 3 grams

## Mushroom Broth

(Makes 2 quarts or 8 cups)

Use this broth as a base for soups, sauces and gravies, and for the liquid in curries, stir-fries, and grains.

- 2 cups sliced fresh mushrooms**
- ¾ cup or 6 Tablespoons dried mushrooms, reconstituted with 2 cups cold water (allow dried mushrooms to soak in cold water for about 30 minutes or until soft and then discard soaking liquid)**
- ¼ cup peeled, sliced fresh ginger**
- 3 cloves garlic, minced**
- 1¼ cups diced onions**
- 1 cup diced carrots**
- ¾ cup diced celery**
- ¼ cup chopped fresh cilantro**
- 6 Tablespoons oil**
- 4 Tablespoons sodium-free tomato paste**
- 1½ quarts (6 cups) water**

Toss all ingredients except tomato paste and water with oil and place in a stockpot. Add tomato paste and water; stir to combine. Bring to a boil. Reduce heat and allow to simmer for 1 hour or until desired flavor strength is achieved. Strain, cool, and refrigerate or freeze until needed.

*Variation:* If you have leftover mashed potatoes, you can create a 'cream of mushroom soup' by heating this mushroom broth and stirring in mashed potatoes until the desired thickness is achieved.

Calculated as 1 serving = 1 cup  
Total calories per serving: 133    Fat: 10 grams  
Carbohydrates: 10 grams    Protein: 2 grams  
Sodium: 30 milligrams    Fiber: 2 grams

## Black and White Bean Soup

(Makes 2½ quarts or 10 cups)

- 1½ cups dried black beans**
- 1 cup dried white beans**
- 2 Tablespoons vegetable oil**
- ½ cup diced onions**
- ¼ cup diced celery**
- ¼ cup diced carrots**
- 1 cup chopped fresh tomatoes**
- 6 sprigs parsley**
- 2 bay leaves**
- 3 cloves garlic, minced**
- 1 Tablespoon ground black pepper**
- 2 teaspoons dried thyme**
- 2 quarts (8 cups) water or vegetable stock**

Cover beans with cold water and soak overnight (or, for a quick method, wash beans, cover with boiling water, and let soak for one hour). Beans can be soaked together or separately.

In a stockpot, heat oil, then add onions, celery, and carrots and sauté (do not allow to brown). Add tomatoes, parsley, bay leaves, garlic, pepper, and thyme and stir to combine.

Drain and rinse beans and add to stock pot. Add water or stock and bring to a quick boil. Reduce heat and allow soup to simmer until beans are very soft (about one hour).

For a creamier look, remove one pint of finished soup and purée in blender. Stir back into soup and heat through.

*Notes:* This soup gets even better the next day, so make a batch and freeze or make ahead to be served in one to two days. It will be a bit 'gray,' so you may want to garnish with thin slices of tomato, lemon, and chopped fresh parsley to liven up its appearance.

*Variations:* To make this into a chowder, add diced cooked potatoes, cut corn, and canned, drained chopped tomatoes. To create a '*pasta e fagioli*' (pasta and beans) soup, add cooked pasta, such as small shells, orichiette, rotini, or ditalini and cooked red or white beans at the end of cooking.

Calculated as 1 serving = 1 cup  
Total calories per serving: 200    Fat: 3 grams  
Carbohydrates: 33 grams    Protein: 11 grams  
Sodium: 11 milligrams    Fiber: 8 grams

## Spinach and Pasta Soup

(Serves 8)

- 2 quarts (8 cups) mushroom or vegetable broth or stock**
- 1 cup canned, sodium-free diced tomatoes (with liquid)**
- 1 cup low-sodium vegetable juice**
- 4 cups cooked pasta (start with 2 cups uncooked pasta such as rotini or small shells)**
- 6 cups cleaned and stemmed fresh baby spinach or 2 cups thawed frozen, chopped spinach (if using frozen spinach, squeeze as much liquid out as possible)**
- 4 Tablespoons nutritional yeast or 1 cup vegan shredded mozzarella cheese**

Place stock or broth, tomatoes, and vegetable juice in a large pot. Bring to a fast boil and then reduce to simmer. Stir in pasta and allow to heat for 3 minutes. Just prior to serving, bring soup up to a boil, reduce heat and quickly cook spinach by stirring until wilted (fresh spinach) or heated (frozen spinach). Ladle into bowls and top with nutritional yeast or vegan cheese.

*Note:* To ‘fancy’ this soup up, or to serve as a main course, rather than plain pasta add cooked vegan ravioli or other stuffed pasta and 2 cups cooked (drained) garbanzo beans (add the garbanzos and the pasta at the same time).

Total calories per serving: 241    Fat: 11 grams  
Carbohydrates: 30 grams    Protein: 8 grams  
Sodium: 74 milligrams    Fiber: 5 grams

## Holiday Chowder

(Makes 2 quarts or 8 servings)

This quick-and-easy soup takes only about 20 minutes to prepare!

- 3 cups vegetable broth or stock**
- 2 cups silken tofu**
- 2 cups carrot juice**
- 2 Tablespoons fresh garlic, minced**
- 2 teaspoons reduced-sodium soy sauce**
- 4 Tablespoons chopped green bell pepper**
- 4 Tablespoons chopped red bell pepper**

Combine stock, tofu, juice, garlic, and soy sauce in a blender and blend until smooth. Add mixture to a large pot and gently heat, stirring, until mixture is hot, about 15 minutes. Right before serving, pour into serving bowls and garnish with red and green bell peppers.

*Note:* For a fancy presentation or as an entrée, serve in bread bowls.

Total calories per serving: 131    Fat: 7 grams  
Carbohydrates: 14 grams    Protein: 4 grams  
Sodium: 77 milligrams    Fiber: 2 grams

## Latke Soup

(Makes 2 quarts or 8 servings)

Although it does not have the “crunchiness” of potato latkes, this soup creates the flavor of these holiday treats (and takes a lot less time and oil to prepare)!

- Vegetable oil spray**
- 2 cups minced sweet onions**
- 3 cups prepared mashed potatoes**
- 4 cups vegetable broth**
- 2 Tablespoons chopped fresh parsley**
- 1 Tablespoon ground white pepper**
- 8 apple slices**

Spray a large skillet with oil and allow to heat. Sauté onions until they are caramelized, very soft, and very golden, about 10 minutes.

In a large bowl, combine cooked onions and mashed potatoes and set aside.

In a large pot, bring broth to a quick boil and reduce heat. Slowly add onion and potato mixture, stirring to create a smooth liquid. Stir in parsley and pepper. Allow to simmer until flavors are combined, about 30 minutes. Serve hot, garnished with apple slices.

*Note:* If you would like to garnish soup with crispy potato skins, you can bake potatoes, scoop out the potato for mashing, and re-bake the skins. Serve the potato skins as a side garnish for the soup. You may want to sauté extra onions and serve them inside the potato skins as a complex garnish.

Total calories per serving: 182    Fat: 7 grams  
Carbohydrates: 28 grams    Protein: 3 grams  
Sodium: 24 milligrams    Fiber: 3 grams

**Nancy Berkoff, RD, EdD, is The Vegetarian Resource Group's Food Service Advisor. She is the author of *Vegan Meals for One or Two*, *Vegan in Volume*, and other books.**



# Gelatin, Carmine and Rennet Labeling in the United States

by Jeanne Yacoubou, MS

An Australian vegetarian planning a visit to the United States emailed The VRG in April 2015 about whether gelatin, carmine, and rennet must be labeled on food packages. Various sources that she had consulted left her with questions so she turned to us for clarification.

## Gelatin

A common gelling agent and thickener, gelatin is derived from the bones and skins of cows, pigs, or fish. When used as a food or beverage ingredient, gelatin must appear on a food package's label. Source (bovine, porcine or fish) does not have to be specified.

When used as an incidental additive or as a processing aid in insignificant amounts, gelatin is exempt from food labeling requirements. This is the case when gelatin is used as a clarifying agent in wine, beer, or juice or used as a carrier in juice or soft drinks.

<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?fr=101.100>

<http://www.vrg.org/blog/2012/02/15/beta-carotene-in-us-beverages-not-stabilized-with-gelatin-unlike-some-products-in-the-uk/>

<http://www.vrg.org/blog/?s=Heinz>

## Carmine

A red to purple coloring pigment obtained from dried bodies of the female insect *Coccus cacti*, carmine (or cochineal) must be labeled in a packaged food or beverage product because it is a potential allergen.

<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?fr=73.100>

## Rennet

An enzyme used in cheese production, rennet must be declared on a food label. It may appear simply as "enzymes." Source (animal, plant, or microbial) does not have to be stated.

<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?fr=133.113>

*Note:* The information provided above applies only to labeling of pre-packaged food and beverage products. In 2014, the FDA issued nutrition labeling requirements pertaining to restaurant foods which will go in to effect on December 1, 2015. Nothing is stated about ingredient labeling of foods served at restaurants or at similar establishments.

<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm248732.htm>

According to this FDA document, patrons may request information about restaurant food on an individual basis. Whenever there's doubt about a specific food ingredient, we recommend that you visit the restaurant website or call and ask to speak to a manager.

For further information on food ingredients, see The Vegetarian Resource Group's Guide to Food Ingredients: <http://www.vrg.org/ingredients/index.php>

The contents of this article, our website and our other publications, including *Vegetarian Journal*, are not intended to provide personal medical advice. Medical advice should be obtained from a qualified health professional. We often depend on product and ingredient information from company statements. It is impossible to be 100% sure about a statement, info can change, people have different views, and mistakes can be made. Please use your best judgement about whether a product is suitable for you. To be sure, do further research or confirmation on your own.

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## NOTES FROM THE VRG SCIENTIFIC DEPARTMENT

### The Vegetarian Resource Group in the News

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD, wrote about vegan diets and suggestions for ways that people can incorporate vegan items into their diets to replace nutrients they may have previously gotten from animal products for *The Bulletin* in Bend, Oregon.

*Vegetarian Journal* Senior Editor Samantha Gendler was interviewed by CBS news about vegan market trends.

### VEGAN Outreach

Vegetarian Resource Group Nutrition Advisor Reed Mangels, PhD, RD spoke at the Valley VegFest in Northampton, MA on Vegan Diets in a Nutshell.

VRG Food Service Advisor Nancy Berkoff, RD, EdD, CCE, has been developing tofu recipes for senior citizens.

VRG had outreach booths at Natural Products Expo (the largest U.S. trade show for the health food industry), the annual meeting of the Academy of Nutrition and Dietetics in Nashville, and the Maryland Dietetics in Health Care Communities Conference.

# SCIENTIFIC UPDATE

By Reed Mangels,  
PhD, RD, FADA

## A REVIEW OF RECENT SCIENTIFIC PAPERS RELATED TO VEGETARIANISM

### Risk of Colorectal Cancer is Lower in Those Avoiding or Limiting Meat Consumption

Each year in the U.S., more people die from cancer of the colon and rectum (colorectal cancer) than from any other cancer except lung cancer. Improved screening and treatment have reduced the death rate from colorectal cancer, though it is still the third most common cancer in men and women, so finding ways to reduce the risk of developing it is important. Studies frequently report a link between red and processed meat consumption and risk of colorectal cancer. Vegetarians, because of their avoidance of all meat, would appear to have a low risk of colorectal cancer; however, British vegetarians did not show a lower risk in a study from about six years ago. Recently, the occurrence of colorectal cancer in more than 77,000 Seventh-day Adventists in the U.S. and Canada was examined. Subjects were classified based on their degree of avoidance of animal products. For example, in this study, “non-vegetarians” eat meat or fish at least weekly, “lacto-ovo vegetarians” eat dairy products and eggs but eat meat or fish less than once a month, and “vegans” eat animal products less than once a month. Study subjects were asked about their diet and were then studied for an average of 7 years. Health records were examined to see which subjects developed cancer during the follow-up period. Overall, subjects classified as “vegetarian” (includes everything from vegans who never eat animal products to “semi-vegetarians” who eat meat or fish less than once a week) had about a 20% lower risk of developing colorectal cancer than nonvegetarians. These results are especially striking because the nonvegetarians ate relatively little meat compared to U.S. averages and ate very little processed meat. Had the “vegetarian” group been compared to a group eating a more typical U.S. diet, we’d expect to see an even greater reduction in risk of developing colorectal cancer.

Orlich MJ, Singh PN, Sabaté J, et al. 2015. Vegetarian dietary patterns and the risk of colorectal cancers. *JAMA Intern Med.*175:767-76.

### Why Don't More People Know About the Benefits of Plant-Based Diets for People with Type 2 Diabetes?

As we’ve reported before ([http://www.vrg.org/journal/vj2009issue2/2009\\_issue2\\_scientific\\_update.php](http://www.vrg.org/journal/vj2009issue2/2009_issue2_scientific_update.php)), vegan diets have been effectively used to treat type 2 diabetes, the most common kind of diabetes. Based on studies like this one, in 2013, the Canadian Diabetes Association recommended that plant-based diets be used in the treatment of type 2 diabetes. Despite studies showing that plant-based diets are an effective treatment for type 2 diabetes and despite the recommendations of the Canadian Diabetes Association, few practitioners seem to be recommending plant-based diets for their clients with type 2 diabetes. Canadian researchers investigated clients’ and providers’ ideas about plant-based diets. They surveyed close to 100 people with diabetes and 25 providers, mainly registered dietitians and nurses. Although almost 90% of the people with diabetes had never before heard of using a plant-based diet as a part of treatment, two-thirds said that they would be willing to try this kind of diet. They wanted individual and group classes on vegetarian cooking. Their main concerns were a lack of family support, lack of knowledge of meal preparation and planning, and a liking for meat. Although more than 70% of providers were aware that plant-based diets could be used to manage type 2 diabetes, less than one-third are recommending plant-based diets. Practitioners expressed concerns that a plant-based diet was too hard to follow and that it would not be acceptable to their clients. These results suggest that some practitioners are not aware of their clients’ interest in plant-based diets. More consistent promotion of plant-based diets along with vegetarian cooking classes could lead to better management of type 2 diabetes. Although this study was conducted in Canada, it is likely that similar results would be seen in the United States.

Lee V, McKay T, Ardern CI. 2015 Jan 31. Awareness and perception of plant-based diets for the treatment

and management of type 2 diabetes in a community education clinic: a pilot study. *J Nutr Metab*. Epub.

## Vegans and Lacto-ovo Vegetarians Shown to Have Healthy Bones

Nutrition and exercise play crucial roles in bone health. The list of nutrients needed for strong bones is long and includes calcium, vitamin D, protein, vitamin K, folate, magnesium, potassium, and vitamin B12. Vegetarian diets tend to have generous amounts of some of these nutrients but may be lower in others. How does a vegetarian diet affect bone health? That's the question that researchers set out to examine in a study of 82 healthy 19-50 year olds. All subjects had followed their current diet for at least a year. There were 27 nonvegetarians, 27 lacto-ovo vegetarians (never ate meat, poultry, fish; ate at least 3 servings of eggs and/or dairy per week) and 28 vegans (never ate meat, poultry, fish, dairy, eggs). All subjects were normal weight and had similar levels of activity. There was no significant difference in bone mineral density (a measure of bone health) between the groups and it was in a normal range. Average protein intake was lower in the vegetarians; magnesium, folate and vitamin K intakes were highest in the vegans. Those vegans who had the lowest protein intakes also tended to have the lowest bone mineral densities. This suggests that getting adequate protein is important for bone health. The results of this study support the idea that following a nutritious vegan (or lacto-ovo) diet supports bone health.

Knurick JR, Johnston CS, Wherry SJ, Aguayo I. 2015. Comparison of correlates of bone mineral density in individuals adhering to lacto-ovo, vegan, or omnivore diets: a cross-sectional investigation. *Nutrients*. 7:3416-26.

## Mistaken Beliefs Regarding Sugary Drinks

Sugary drinks, including regular soda, sports drinks, sweetened tea, and fruit drinks, are the main source of added sugar in U.S. diets. These drinks are associated with an increased risk of obesity, with one study finding that every 8 ounces of sugary drink consumed per day increases a child's risk of obesity by 60%. Fruit drinks are different from 100% fruit juice because of the amount of sugar added to fruit drinks (no sugar is

added to 100% fruit juice). On average, fruit drinks have almost as much added sugar as the same amount of a sweetened soft drink. These drinks also may contain less than 10% fruit juice. Researchers surveyed close to 1,000 parents about their beliefs about sugary drinks. Almost half of parents rated flavored water as healthy and a quarter considered fruit drinks and sports drinks to be healthy. Four of five parents of children younger than 12 years old gave their children fruit drinks, possibly thinking these products were healthier than soda (they're not). Advertising undoubtedly plays a role in parents' beliefs as does product labeling. Fruit drinks and sports drinks are promoted as being good sources of vitamins, minerals, and electrolytes. Water and limited amounts of 100% fruit juice are better choices.

Munsell CR, Harris JL, Sarda V, Schwartz MB. 2015. Parents' beliefs about the healthfulness of sugary drink options: opportunities to address misperceptions. *Public Health Nutr*. [Epub ahead of print].

## Teen Dietary Choices May Influence Breast Cancer Risk

Breast cancer, which affects 1 in 8 women in the U.S., may have its beginnings during adolescence. This is the time when the number of cells is increasing rapidly and when breast tissue may be especially vulnerable to substances that can cause cancer in later life. Many studies of diet and breast cancer have looked at women's diets during midlife and not during adolescence. A recent study asked women about the amount of red meat that they ate when they were adolescents. The study had more than 40,000 female subjects age 33-52 years at the start of the study. They were asked to remember the foods they ate when they were in high school. The researchers observed the women for a 13-year period to see who would be diagnosed with breast cancer. The women who reported eating the most red meat as adolescents had a significantly higher risk of developing breast cancer before menopause compared to women who ate the least red meat. These results, which are similar to those of other studies, suggest that limiting red meat during adolescence may play a role in reducing the risk of breast cancer.

Farvid MS, Cho E, Chen WY, Eliassen AH, Willett WC. 2015. Adolescent meat intake and breast cancer risk. *Int J Cancer*. 136:1909-20.

# Finger Foods

Tasty  
Nibbles  
that are  
Party-Ready  
By Zel Allen

“Come to the potluck and bring a yummy dish!” What better opportunity to pull out all the stops and indulge the party-goers with platters of finger foods that look dazzling, taste decadent, and are surprisingly easy to make.

The savvy party planner knows the affair is successful when guests comment they enjoyed meeting new people and tasting unique foods. A well-seasoned party host encourages guests to mingle and places platters of finger foods on two or three tables in different locations, instead of crowding all on one table. This ice-breaker strategy starts conversations like, “These Teriyaki Tempeh Bites are delicious, but have you tasted the Pickled Vegetables?”

Welcome the holidays for their ability to inspire experienced cooks and neophytes alike to dabble in the kitchen and assemble some downright delicious nibbles just right for devouring. Consider these special occasions ideal for sharing little bites of food that require no utensils and can be eaten out of one’s hand as guests meander through the crowd. Some people call these little morsels *hors d’oeuvres*, but really, they’re just finger foods.

No matter how formal or informal the gathering, parties bring people together for merriment and munching. The anticipation of upcoming parties inspires people to try new recipes just for that school, office, or home soirée.

Finger foods have many advantages over runny dips and spreads. Several can be made in advance and eaten at room temperature. These little bites can be lavishly garnished to look amazing. They’re usually consumed in one or two bites and rarely make a mess. Still, don’t forget to provide a stack of cute little cocktail napkins and plates.

The holiday party at home has special warmth and begs for a creative menu of delectable finger foods, some that are room-temperature-ready and one or two that can be tucked into the oven and briefly warmed. Provide diverse flavors – some savory, some sweet – and perhaps one that’s hot and spicy. Most of the following recipes can be prepared and plated up to two days ahead.

When arranging dishes on the table, use your artist’s eye to intersperse the brighter, colorful ones with the others to create an enticing table that beckons the guests. Here’s wishing you a festive and joyful holiday season with a delicious array of finger foods to nosh on!

## Overstuffed Spuds

(Makes 40 stuffed potatoes)

These plump little appetizers spread joy with each lovable bite as sweet bursts of juicy pomegranate seeds join flavors with lightly spiced, curry-infused pea pâté. So easy to make and so delicious to devour!

**20 Dutch yellow or mini Yukon Gold potatoes, well scrubbed**

**2 cups frozen peas, thawed**

**½ cup shelled pistachios**

**3 Tablespoons water**

**1 Tablespoon plus 1 teaspoon fresh lemon juice**

**1 teaspoon salt**

**¾ teaspoon curry powder**

**¼ teaspoon cayenne**

**½ cup pomegranate seeds or ½-¾ cup Hoisin sauce**

**¼ bunch parsley**

**3 cherry tomatoes**

Preheat the oven to 375 degrees. Put the potatoes on a large rimmed baking sheet and bake for 25-30 minutes, or until just fork tender.

While the potatoes are roasting, combine peas, pistachios, water, lemon juice, salt, curry powder, and cayenne in the food processor and process until smooth and creamy. Transfer to a medium-sized bowl.

When the potatoes are cool enough to handle, cut them in half. Using a melon baller, scoop out the centers and add the potato flesh to the pea mixture. Mash and mix well. Fill the potato cavities to heaping with the pea/potato mixture and carefully top each potato half with a cluster of 3 pomegranate seeds or a tiny dollop of Hoisin sauce.

To serve, arrange the parsley in the center of a serving platter and nestle the tomatoes in the center. Arrange the Overstuffed Spuds around the parsley cluster.

Calculated as 1 serving = ½ potato, stuffed (40 servings total for recipe)

Total calories per serving: 91

Fat: 1 gram

Carbohydrates: 19 grams

Protein: 3 grams

Sodium: 73 milligrams

Fiber: 3 grams

## Almond and Olive-Stuffed Brussels Sprouts

(Serves 8-10)

In recent years, Brussels sprouts have become the darling of the vegetable world and make perfect little vessels for stuffing. Filled with this nutty and tangy mixture, they'll quickly prove their mojo at party time.

**20 fresh Brussels sprouts (best not to use small ones)**  
**½ cup almonds, coarsely chopped**  
**One 13-ounce can water-packed artichoke hearts, drained**  
**20 pitted Kalamata olives, chopped**  
**10 jumbo pimiento-stuffed green olives, chopped**  
**1 shallot, chopped**  
**2 cloves garlic, minced**  
**¼ to ⅓ cup vegan Parmesan cheese**  
**6 cherry tomatoes cut into quarters, for garnish**

Fill a 4-quart saucepan two-thirds full with water. Cover and bring to a boil over high heat. Meanwhile, trim the Brussels sprouts stems and discard any damaged leaves. Cut the sprouts in half lengthwise and plunge them into the boiling water in batches. Boil for 1½ minutes, or until they are just tender but still firm. Use a slotted spoon to transfer them to a plate lined with paper towels and repeat the process until all the sprouts are tender.

Using a serrated grapefruit or paring knife, carefully scoop out the centers of the sprouts to create a cavity. Reserve the centers for another recipe.

To make the stuffing, put the almonds in a food processor. Process until they form a coarse meal. Transfer to a large bowl. Put the artichoke hearts in the food processor. Process until they are coarsely chopped and add them to the bowl with the almond meal. Put the olives, shallot, and garlic in the food processor. Process briefly, just until chunky, and add them to the bowl. Mix well. If the stuffing seems too dry, add 1-3 teaspoons of water to moisten.

Spoon a teaspoon of the stuffing into the cavity of each sprout half. Sprinkle each with Parmesan and garnish with a cherry tomato quarter. Serve at room temperature or cover with plastic and chill until ready to serve.

To serve warm, preheat the oven to 350 degrees and line a large-rimmed baking sheet with parchment. Put the sprouts on the pan. Bake for 6-8 minutes or just until heated through. Arrange on a serving platter and garnish.

Total calories per serving: 120    Fat: 7 grams  
Carbohydrates: 11 grams    Protein: 6 grams  
Sodium: 333 milligrams    Fiber: 4 grams

## Red Light Stuffed Mushrooms

(Makes 25-30 stuffed mushrooms)

An easy and bold-flavored appetizer for a crowd, these stuffed mushrooms can be made a day or two ahead for convenience. The mushrooms can be cooked or left raw. The filling can also be used to stuff celery or Belgian endive leaves.

**1 pound cremini or button mushrooms, washed, stems removed**  
**One 15-ounce can cannellini or Great Northern beans, drained and rinsed**  
**3-4 dates, pitted**  
**1 Tablespoon plus 1 teaspoon water**  
**2 teaspoons fresh lime juice**  
**2 teaspoons red wine vinegar**  
**¾ teaspoon salt**  
**½ teaspoon natural hickory seasoning (also called liquid smoke)**  
**Pinch cayenne**  
**½ cup cooked black rice or short-grain brown rice**  
**½ bunch green onions, sliced**  
**⅔ cup fresh pomegranate seeds**  
**½ bunch parsley, finely minced**

To cook the mushrooms, fill a large, deep skillet ⅔ full with water and bring to a boil. Plunge the mushrooms into the boiling water and cook for 2-3 minutes. Use a slotted spoon to transfer the mushrooms to a kitchen towel or paper towels. Turn them open-side down to drain and cool.

If using the mushrooms raw, skip the first step and prepare the filling by combining the beans, dates, water, lime juice, wine vinegar, salt, hickory seasoning, and cayenne in the food processor. Pulse and process until smooth and creamy. Adjust seasonings if needed.

Transfer the mixture to a large bowl and add the rice and green onions. Mix well to distribute them evenly. Spoon the filling into the mushroom caps until they are heaping. Use your fingers to form smooth tops and arrange the stuffed mushrooms on a large platter.

Top each mushroom with a pomegranate seed and sprinkle the exposed perimeter of the dish with the parsley. Serve immediately or cover with plastic wrap and refrigerate until ready to serve.

Calculated as recipe yields 25 servings  
Total calories per serving: 43    Fat: <1 gram  
Carbohydrates: 9 grams    Protein: 2 grams  
Sodium: 73 milligrams    Fiber: 2 grams

## Spanish Tapenade Stuffed Tomatoes

(Makes 20-24 stuffed tomatoes)

This zesty-flavored and easy-to-make chunky relish becomes the filling for a delicious stuffed tomato appetizer. The tapenade also makes a delicious bruschetta spooned over little rounds of toasted baguettes.

### 10-12 Roma tomatoes, for stuffing

#### Spanish Tapenade

**1 pound Roma tomatoes**

**¾ cup pimiento-stuffed green olives, well drained**

**¾ cup pitted black olives, well drained**

**3 green onions, chopped**

**½ cup pine nuts**

**1 Tablespoon extra-virgin olive oil**

**¼ teaspoon salt**

**⅛ teaspoon ground black pepper**

**¼ cup chopped parsley**

Cut the tomatoes for stuffing in half, and carefully scoop out the insides using a grapefruit knife or serrated paring knife. Put the tomato insides into a container and set aside for a future recipe. Set the tomato halves aside.

To make the Spanish Tapenade, cut the tomatoes in half and seed them. Add the seeds and juice to the tomato insides and refrigerate for a future use. Coarsely chop the tomatoes and put them in the food processor. Add the green olives, black olives, green onions, pine nuts, olive oil, salt, and pepper and pulse-chop briefly until the mixture forms a coarsely chopped tapenade.

Spoon the tapenade into the tomato halves and sprinkle the tops with chopped parsley. Arrange on a serving

#### Smoky Garlic-Stuffed Endive (pg 18)



platter. If not using the tapenade immediately, transfer it to an airtight container and refrigerate until ready to use.

Calculated as recipe yields 10 servings

Total calories per serving: 103 Fat: 9 grams

Carbohydrates: 7 grams Protein: 2 grams

Sodium: 288 milligrams Fiber: 2 grams

## Teriyaki Tempeh Bites

(Serves 12)

Rich with savory aromas and served warm, these teriyaki tidbits will quickly draw the crowd around this platter of boldly-seasoned tempeh. These little bites can be prepared ahead and served at room temperature or quickly warmed just before serving.

**1 pound tempeh**

**½ cup reduced-sodium soy sauce**

**¼ cup plus 2 Tablespoons pure maple syrup**

**¼ cup fresh lime juice**

**¼ cup water**

**2-inch piece ginger root, peeled and minced**

**6 cloves garlic, crushed**

**2 teaspoons rice vinegar**

**2 teaspoons sesame oil**

**½ teaspoon coarse black pepper**

**¼ bunch cilantro, minced, for garnish**

**2 Tablespoons minced red bell pepper, for garnish**

Score both sides of the tempeh, making shallow cuts ¼-inch apart. Then cut it into ½-inch squares. Set aside.

Prepare the marinade by combining the soy sauce, maple syrup, lime juice, water, ginger, garlic, rice vinegar, sesame oil, and pepper in a large bowl. Add the prepared

#### Almond and Olive-Stuffed Brussels Sprouts (pg 15)



tempeh to the marinade and toss well to coat all the pieces completely. Marinate for 1-3 hours.

Transfer the tempeh and the marinade to a large deep skillet and cook over medium high heat, stirring frequently, for 4 to 6 minutes, or until most of the marinade has been absorbed.

Poke a toothpick into each piece of tempeh and transfer to a serving platter. Sprinkle the edges of the platter with the cilantro followed by the minced red pepper.

Total calories per serving: 117    Fat: 5 grams  
Carbohydrates: 13 grams    Protein: 8 grams  
Sodium: 359 milligrams    Fiber: <1 gram

## Pickled Vegetables

(Yields 3-4 pounds of vegetables)

Not all pickles are prepared by fermenting, a lengthy process that can take several days. Many vegetables can be pickled quickly by briefly boiling them in well-seasoned brine that can be sweet, spicy, tangy, or salt-focused. Enhance the visual appeal by cutting the vegetables into various shapes – slices, wedges, or strips.

### Pickling ingredients:

**4 cups water**

**3½ cups distilled vinegar**

**5-6 cloves garlic, coarsely chopped**

**5 bay leaves**

**3 Tablespoons organic sugar**

**2 Tablespoons plus 1 teaspoon salt**

**1½ teaspoons mustard seeds**

**1½ teaspoons coriander seeds**

**1 teaspoon whole peppercorns**

### Red Light Stuffed Mushrooms (pg 15)



### Vegetable Suggestions:

- Carrots julienned about 2-2½ inches in length
- Cauliflower and broccoli cut into florets
- Turnips and beets cut into wedges or slices
- Green beans cut into desired lengths
- Cucumbers cut into slices or quartered lengthwise
- Garlic cloves peeled and left whole
- Onions cut into thick slices or thick wedges
- Pearl onions peeled and left whole
- Cabbage cut into wedges or thick slices
- Brussels sprouts cut in half lengthwise or quartered

Cut the vegetables as desired and have them ready before assembling the pickling brine. To prepare the brine, combine all ingredients except the veggies in an 8 to 10-quart stockpot. Cover and bring to a boil.

Add the vegetables. When the water returns to boiling, reduce the heat to medium-high and boil for 5 minutes. Turn off the heat, uncover, and allow the pickled vegetables to cool completely.

Arrange them on a serving platter in colorful clusters. If not serving immediately, transfer the vegetables and the brine to a covered container and chill.

*Note:* To make pickled beets and avoid turning all the vegetables pink, cook beets separately and use some of the brine to marinate them separately. When ready to serve the pickled vegetables, drain the beets well and arrange them on the serving platter with the other vegetables.

Calorie and nutrient content for the Pickled Vegetables recipe will vary depending on which vegetables you use.

### Teriyaki Tempeh Bites (pg 16)



## Smoky Garlic-Stuffed Endive

(Makes 2½ cups filling for about 40 endive leaves)

This well-seasoned, smoke-flavored and bold garlicky mixture makes endive a delicious two-bite treat that can be prepared up to one day ahead. The filling is versatile enough to work as a stuffing for raw button mushrooms, celery, and hollowed tomatoes.

**6 heads endive**  
**1 pound extra-firm tofu**  
**5 cloves garlic**  
**3 Tablespoons plus 1 teaspoon fresh lemon juice**  
**1 Tablespoon water**  
**1¾ teaspoons natural hickory seasoning (liquid smoke)**  
**1½ teaspoons dried dill weed**  
**½ teaspoon salt**  
**¼ teaspoon pepper**  
**1 green onion, minced**  
**2-3 roasted red peppers, julienned**  
**¾ cup frozen green peas, thawed**  
**Paprika (optional)**

Separate the endive leaves and set them aside on a dish. To make the filling, rinse the tofu and drain well. Break the tofu into several chunks and put them in the food processor. Add the garlic, lemon juice, water, hickory seasoning, dill weed, salt, and pepper and process until smooth and creamy. Transfer the mixture to a bowl and add the green onion.

To assemble, fill each leaf with the smoky garlic mixture and garnish each with a strip of red pepper and 3 green peas. Sprinkle the tops with paprika, if desired.

Store leftover filling in the refrigerator where it will keep for up to 1 week.

Calculated as 1 serving = 1 stuffed endive leaf  
Total calories per serving: 27    Fat: 1 gram  
Carbohydrates: 4 grams    Protein: 2 grams  
Sodium: 65 milligrams    Fiber: 3 grams

## Chili Nuts

(Makes 1½ cups)

Here's a nutty, spice-infused treat for those spice enthusiasts who never seem to get enough of the lively heat that chillies dish out. The medium spice level makes the nuts irresistibly delicious, even for the chili shy. For a large crowd, double or triple the recipe.

**1 cup mixed nuts (such as walnuts, pecans, and almonds)**  
**¼ cup organic sugar**  
**2 Tablespoons light corn syrup**  
**1 teaspoon cayenne**  
**½ teaspoon ground ginger**  
**½ teaspoon freshly-ground pepper**  
**¼ teaspoon salt**  
**¼ teaspoon chili powder**

Combine the nuts in a small bowl and set them aside.

Combine the remaining ingredients in a 10-inch nonstick skillet. Turn the heat to medium-high and cook, stirring constantly, until the spices are well incorporated and become liquid. Add the nuts and cook, stirring constantly, for 1-2 minutes, until they are well coated and the mixture sticks to them. Transfer to a clean dish to cool.

Separate the nuts when they are cool enough to handle. You can enjoy them while still quite warm, but the flavor will improve considerably when they have cooled completely.

Calculated as 1 serving = ¼ cup  
Total calories per serving: 260    Fat: 17 grams  
Carbohydrates: 25 grams    Protein: 5 grams  
Sodium: 155 milligrams    Fiber: 3 grams

## Tahini Peanut Confections

(Makes 45-50 confections)

With their distinct sesame flavor and date-sweetened goodness, these little tidbits make delightful sweet nibbles. These fruit, nut, and seed confections are so easy to make that you can whip them up any time and keep them on hand in the freezer for when a festive occasion comes along. Remember to give them about an hour to thaw.

**2 cups well-packed pitted dates, snipped in half**  
**1 cup roasted unsalted shelled peanuts**  
**½ cup tahini (sesame paste)**  
**2 Tablespoons water**  
**¼ teaspoon caramel extract**  
**1 cup natural or toasted sesame seeds**  
**Cluster of fresh mint leaves**  
**3 fresh strawberries cut in half**

Combine the dates, peanuts, tahini, water, and caramel extract in a food processor and pulse and process until well blended. Longer processing will create a smoother confection. If you prefer a chunkier confection, you can control the texture by shorter processing and stopping the

machine frequently to check the results.

Using about one teaspoon for each, roll, squeeze, and shape the mixture into balls with your fingers.

Put the sesame seeds in a small, deep bowl and roll each ball in the seeds to coat them completely.

When preparing ahead, put the confections in a covered container and store in the freezer for up to 3 months. To serve, arrange the confections on an attractive serving platter and garnish with sprigs of fresh mint and strawberry halves.

*Note:* Caramel extract may not be available in local grocery stores. Order it online from amazon.com or J.R. Watkins at <https://www.jrwatkins.com>.

Calculated as 1 serving = 1 confection  
Total calories per serving: 75    Fat: 5 grams  
Carbohydrates: 8 grams        Protein: 2 grams  
Sodium: 4 milligrams         Fiber: 1 gram

## Choco Caramel Confections

(Makes about 25 one-inch confections)

These are sweet little bite-size treats. One day, when unexpected relatives dropped in for a visit, I reached into the freezer for these confections and arranged them on a dessert platter. Unwilling to wait for them to defrost, the cousins snapped them up and devoured them with gusto, revealing that these confections are enjoyable taken directly from the freezer or eaten at room temperature.

**1½ cups whole almonds**

**1½ cups walnuts**

**2½ cups (about 35) pitted dates, snipped in half**

**Tahini Peanut Confections (pg 18)**



**5 Tablespoons raw unsweetened cocoa powder**

**2 Tablespoons maple syrup**

**2 teaspoons vanilla extract**

**½ teaspoon caramel extract**

**½ teaspoon ground cinnamon**

**8-10 Tablespoons water**

### Outer Coating Choices

**½ to 1 cup finely-grated dried coconut**

**½ to 1 cup unsweetened cocoa powder**

**½ to 1 cup raw cacao powder**

**½ to 1 cup almond meal**

**½ to 1 cup natural sesame seeds**

**½ to 1 cup finely-crushed nuts**

Put the almonds and walnuts in the food processor and process until they are finely ground but still retain their crunchy texture. Add the dates, cocoa powder, maple syrup, vanilla and caramel extracts, and cinnamon and pulse and process until all the ingredients are well incorporated. Continue processing, adding the water a little at a time until the mixture is moist enough to hold together when lightly pinched. Stop the processor frequently to redistribute the ingredients.

Put one or more of the coatings into separate small bowls. Using your hands, roll the nut mixture into 1-inch balls; then, roll them in the coating you choose.

If serving within a day or two, store the confections in a covered container in the refrigerator. For longer storage, put the container in the freezer. To serve, remove the confections from the freezer and arrange them on a serving platter or bowl about one hour before serving.

*Notes:* When preparing this recipe, be sure to snip the dates in half with kitchen scissors to avoid date pits that might damage the food processor. Also, because this is a large recipe for some food processors to handle with ease, it may be helpful to divide the ingredients in half and process in two batches.

Calculated as 1 serving = 1 confection  
Total calories per serving: 174    Fat: 7 grams  
Carbohydrates: 29 grams        Protein: 3 grams  
Sodium: 4 milligrams         Fiber: 4 grams

**Zel Allen is a frequent *Vegetarian Journal* contributor. She lives in California. She is the author of *Vegan for the Holidays* and *The Nut Gourmet*. Both books can be purchased at [www.vrg.org/catalog](http://www.vrg.org/catalog)**

# 2015 SCHOLARSHIP winners

Many semifinalists in this year's VRG scholarship contest were off the charts. They are beyond their peers in their accomplishments. Imagine being vegetarian and overcoming the challenges of poverty or being the only vegetarian in cattle-raising country. Though certainly more of these amazing students deserve awards, here are this year's winners of three college scholarships from The Vegetarian Resource Group.



**CHLOE  
FALKENHEIM**

**OBERLIN  
COLLEGE**

**\$10,000**

## CHLOE FALKENHEIM, VIRGINIA

Chloe said she became vegetarian at age 9 during a family dinner. Though her parents didn't become vegetarian, she feels lucky they were supportive.

Chloe wrote: "I founded my vegetarian club at Yorktown High School, called Students Advocating Vegetarian Eating (SAVE) in my sophomore year, and have been president since. Through the club, I met with the Food and Nutrition Services directors at Yorktown High School. The directors agreed to add falafel, bean wraps, couscous salad, and tomato sauce (instead of meat sauce) to the school menu and we designed a labeling system to facilitate eating vegetarian and vegan in the cafeteria. I brought speakers, such as from the Humane League, to talk to 500 students about factory farming and the benefits of vegetarianism. I successfully advocated adding plant based nutrition to the Yorktown High School teacher's health curriculum. My club has given out 2,000 food samples. We were awarded \$945, mostly from Veg Fund, to do so ... The club was originally called 'The Animal Rights Club,' but I decided to change the branding to focus more on vegetarianism ... I started the school garden through the Roots and Shoots club at my high school. I

mentored a fellow club member to apply for a grant from the Pollination Project for \$1,000. We also raised \$842 through a fundraising partnership with Chipotle. We grew plants such as basil and broccoli and delivered them to the cafeteria to be included in the school's meals."

Chloe said when she started these activities, she couldn't find other youth activists. "I felt lost and unsure about how to make a difference. I felt isolated, rather than part of a movement, and I nearly lost hope in making a difference . . . I needed a community to be more effective. Then I realized that if there was no youth vegan community, I would create one. That is how I founded Vegetarian and Vegan Youth ([www.VegYouth.com](http://www.VegYouth.com)), a non-profit network of student leaders and youth. I founded this organization to empower youth worldwide to make changes in their diets, learn about plant-based eating, and becoming effective spokespeople... I built the VegYouth 110-page website myself. I wrote over 50 articles about vegetarianism and veganism and about starting student groups ... I hired three unpaid summer interns and managed 25 volunteers. I correspond with an advisory board of 16 leaders in the vegetarian movement."

Chloe's references said about her: "I can wholeheartedly say that I have never met another 17 year old with such fervor and drive ... I consider Chloe to be a force of nature ... She is being viewed as one of the top movement builders for vegan and vegetarian youth nationwide."

Chloe said, "I had a shy personality growing up and had to overcome it to do much of my vegetarian activist work ... Initially I was perfectionistic and had extremely high expectations for activism ... I felt as if I had to give out 1,000 samples in each sampling event. With time I learned to let go and appreciate each small success, and I realized that they add up to a lot."

Beyond college, Chloe hopes "to have a career that addresses multiple world challenges. I would like to improve the food system and food policy to make healthy, sustainable food cheaper and more abundant ... Vegetarianism already encompasses so many social justice issues that I care about – the environment, human rights, hunger, health, and animal rights ..." Chloe says the financial support from this scholarship will free her to support more teens and college students in becoming vegetarian leaders.

# The Vegetarian Resource Group Awards

## \$20,0000 in College Scholarships in 2015



**JAIRO  
JAVIER**

**RIPON  
COLLEGE**

**\$5,000**

### JAIRO JAVIER, ILLINOIS

One of Jairo's references stated that, "Jairo has been a vegetarian in a community where vegetarianism is rare and not easy. Throughout his school career, he has attended a number of PETA protests and has volunteered with Mercy for Animals. I have never met a high school student so dedicated to the rights of others (humans and non-humans)." Other references reported, "Jairo is the most environmentally-aware and animal conscious high school student that I know." "He has been an active member of buildOn Leadership Team, also know as b.L.T. His peers jokingly called it bacon, lettuce, and tomato club, but Jairo refused and insisted that its official nickname be the broccoli, lettuce, and tomato club. To my surprise, the entire group voted in his favor."

Jairo wrote: "I live in a Mexican/Latino based community. Some find it surprising because the Mexican culture is full of spices and meat ... I ran an after-school club called Students for the Ethical Treatment of Animals my freshman year. We made sure to be recognized in school by requesting a veggie burger for our lunch menu. We talked to the lunch personnel until we got it established. I have also been a major part in my school's community garden." Jairo helped with the setup of the garden and became the Garden Team's student president. He stated, "I teach people how easy it is to get a decent snack and meal out of the garden. My biggest success is my delicious ceviche, in comparison to its counterpart. Everyone loves it and they are surprised that it is vegan."

Jairo says he has attended various protests and proudly led protests himself with students from his animal rights club. At first, "No one believed that I was an activist because I was a quiet kid in school."

"I made a decision to major in business management ... with a bachelor's degree in business. I will know the ins and outs of owning a business and open my very own vegan restaurant. It will be named El Vegan. With this alone, I will show the mouthwatering food that is offered and therefore contribute to my community, with a healthier outlook."

Jairo says he does not want to be looked down on as a "helpless" minority. "I am Latino. I am vegetarian. I am a fighter, and I am an achiever. I set goals for myself and with my commitment and determination, I do as much as possible to get them done. I love community service. I like knowing that I have an input in the structure of my community. The more people see how we can help each other out, the less violent our streets will be. The path to equality and peace is through service and understanding."



**ANDREW  
PUCCETTI**

**UNIVERSITY  
OF ILLINOIS  
AT CHICAGO**

**\$5,000**

### ANDREW PUCCETTI, ILLINOIS

In eighth grade Andrew was on a biology field trip to a farm. He said, "When we first got there, they passed around a chicken and let us hold her and bond with her. It was then that they told us our first 'experiment' would be chopping this chicken's head with an axe and dissecting her ... On this same trip they took two of my classmates hunting and killed a deer ... The day after the trip I immediately stopped eating meat and decided that I would dedicate my life to speaking up for animals, because they cannot speak for themselves. It was a little later

that I learned further about our food industry and chose to become a vegan.”

Not too long after this trip, Andrew discovered that the Humane Society of the United States had a student advisory board. “I emailed them to see how I can become involved and they asked me to become a member. On this board, I advised the organization on how they can best reach the youth with a message of compassion for animals. It was there where I met a girl not too much older than me who had started her own nonprofit organization. I was extremely impressed and inspired. It was then, at age fourteen, that I started Live Life Humane ([www.LiveLifeHumane.org](http://www.LiveLifeHumane.org))... Along with these accomplishments, I have been on the youth advisory boards for both peta2 and Mercy for Animals, advising them on their campaign. As someone who was so dedicated to educating young people about vegetarianism and showing compassion towards animals, I became a youth outreach intern with Mercy for Animals... Another organization I have been involved in is Youth Empowered Action (YEA) Camp, a summer camp that empowers teenagers to take action on a cause they care about.” YEA Camp is all vegan. Andrew was an intern and counselor-in-training for three summers.

“A huge thing I learned in my activism career is to only take on what you can handle, and only work on the effective projects. I now try to take on the projects that I know will save the most animals. I am lucky in that I know exactly what I want to do with the rest of my life, as I have chosen to dedicate my life to helping animals. I plan to get my undergraduate degree in biology and then apply to veterinary schools ... There are also not too many vegan veterinarians and I would like to set an example for that community ... Awarding me a scholarship is an investment in the future of the vegetarian movement as a whole. I will be working to help animals and spread vegetarianism throughout my career. I plan to be involved in the vegetarian movement for my entire life. The (scholarship) money will truly be used to make the vegetarian movement stronger.”

To apply for the 2016 scholarships, go to <https://www.vrg.org/student/scholar.htm>.

To financially support additional scholarships or internships, you can donate at [www.vrg.org/donate](http://www.vrg.org/donate); The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203; or call (410) 366-8343.

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## THANK YOU SO MUCH TO THE FOLLOWING COMPANIES THAT DONATED ITEMS TO THE VEGETARIAN RESOURCE AUCTION HELD IN JUNE 2015!

*We greatly appreciate the following for donating terrific items for our first successful auction.*

*We also would like to thank our readers who bid on the items.*

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La Bella Pink  
Little Choc Apothecary  
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Outerwall (REDBOX)

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Wheatgrasskits.com

# The Vegetarian Resource Group's Ingredient Classification Scheme/Evolution of Ingredients

By Jeanne Yacoubou, MS, VRG Research Director

When The Vegetarian Resource Group's Food Ingredients Guide was first published in 1997, animal sources of stearate compounds used in foods were common. Ingredient suppliers told us so at that time. However, over the past few years, several food ingredients suppliers and manufacturers have told The VRG that a general trend regarding ingredient sources is that whenever possible, non-animal sources are preferred. A major reason for this preference is lack of BSE (bovine spongiform encephalopathy) or avian influenza threats that many consumers associate with animal ingredients.

In 1997, because of stearates, *The VRG Food Ingredient Guide* initially gave anti-caking agents the "May Be Non-Vegetarian" classification. In light of current information about stearates, The VRG is now changing the classification for anti-caking agents to "Vegan\*." The asterisk alerts consumers that the theoretical possibility exists that anti-caking agents calcium or magnesium stearate could be derived from animal sources, but practically speaking, on a commercial scale in 2015 in the United States, we have not found this to be the case. With the possible exception of stearate compounds, all other major anti-caking agents used today are non-animal-derived. Most are derived from petrochemicals and/or minerals.

The VRG has noticed that these days, many food companies and fast food chains indicate their sources of ingredients in parentheses after the ingredient on a label, especially for ingredients which could have multiple

sources. A notable example is "natural flavors." Increasing consumer awareness, along with greater numbers of people asking food companies more questions about their ingredients, contribute to greater corporate transparency. This higher degree of labeling precision was not evident 20 or more years ago.

For the first time, we recently found a label that specifies that the calcium stearate is vegetable-based: <http://www.barkleys.ca/mints/>

Smarties® candy has a vegan statement on its website regarding its source of calcium stearate: <http://www.smarties.com/product/vegan/>

Subway® Canada (but not Subway U.S.) lists calcium stearate in its Honey Oat Bread. Consumer service representatives told us by phone and email that their source is "plant-derived." <http://www.subway.com/Nutrition/Files/canProdIngredients.pdf>

More information on ingredients can be found on The Vegetarian Resource Group's website at [www.vrg.org/ingredients](http://www.vrg.org/ingredients).

The contents of this article, our website and our other publications, including *Vegetarian Journal*, are not intended to provide personal medical advice. Medical advice should be obtained from a qualified health professional. We often depend on product and ingredient information from company statements. It is impossible to be 100% sure about a statement, info can change, people have different views, and mistakes can be made. Please use your best judgement about whether a product is suitable for you. To be sure, do further research

## Bequests

The VRG depends on the generous contributions of our members and supporters to continue our educational projects. Though the world may not become vegetarian in our lifetimes, we realize that we are planning and working for future generations.

- Your will and life insurance policies enable you to protect your family and also to provide a way to give long-lasting support to causes in which you believe. Naming The Vegetarian Resource Group in your will or life insurance policy will enable us to increase our work for vegetarianism.
- One suggested form of bequest is: *I give and bequeath to The Vegetarian Resource Group, Baltimore, Maryland, the sum of \_\_\_\_\_ dollars (or if stock, property, or insurance policy, please describe).*
- To be sure your wishes are carried out, please speak with your attorney specifically about writing the correct information in your will.

# How Often do **Americans** Eat Vegetarian Meals?

*The Vegetarian Resource Group Asks in a 2015 National Survey*

*Conducted by Harris Poll* By Charles Stahler

For years, food companies, marketers, researchers, students, and media have been asking The Vegetarian Resource Group about the number of vegetarians. To again help answer this question, VRG commissioned Harris Poll to conduct a nationally representative online poll of 2,017 adults aged 18 and over. We asked:

**Which of the following, if any, best describes your eating behavior?**

*(Just select one choice.)*

- 1) I never eat meat, fish, seafood, or poultry.
- 2) I never eat meat, fish, seafood, poultry, dairy, or eggs.
- 3) I don't eat meat, fish, seafood, or poultry at one meal per week.
- 4) I don't eat meat, fish, seafood, or poultry one full day per week.
- 5) I don't eat meat, fish, seafood, or poultry at many of my meals, but less than half the time.
- 6) I don't eat meat, fish, seafood, or poultry at more than half of my meals, but not all the time.
- 7) None of these.

We considered those who never eat meat, fish, seafood or poultry, plus those who never eat meat, fish, seafood, poultry, dairy, or eggs, as vegetarian. We classified that second category of vegetarians who don't eat dairy or eggs also as vegan. Because we use the word "never" and don't just ask if a person considers him/herself vegetarian, our numbers may be lower than others. We did not ask about honey.

Thirty-six percent of the country eats at least one vegetarian meal per week. This has strong implications for food companies and restaurants. There is incentive for producing vegetarian products, as there is demand from over one third of the population on at least a weekly basis, plus others who may eat vegetarian meals, but not as consistently.

However, based on our other research outside this poll, it's not enough just to produce meatless items; businesses have to cater to various needs, which may include price, health, convenience, source of ingredi-

ents, taste, religious requirements, etc. And since there are large segments which did not say they consume vegetarian meals, marketing is more complex because of such different audiences.

## METHODOLOGY

This survey was conducted online within the United States between April 29-May 1, 2015 among 2,000+ adults ages 18 and older by Harris Poll on behalf of VRG via Harris' Quick Query omnibus product. Figures for age, sex, race/ethnicity, education, region and household income were weighted where necessary to bring them into line with their actual proportions in the population. Propensity score weighting was used to adjust for respondents' propensity to be online.

All sample surveys and polls, whether or not they use probability sampling, are subject to multiple sources of error which are most often not possible to quantify or estimate. These include sampling error, coverage error, error associated with nonresponse, error associated with question wording and response options, and post-survey weighting and adjustments. Therefore, the words "margin of error" are avoided as they are misleading. All that can be calculated are different possible sampling errors with different probabilities for pure, unweighted, random samples with 100% response rates. These are only theoretical because no published polls come close to this ideal.

Respondents for this survey were selected from among those who have agreed to participate in our surveys. The data have been weighted to reflect the composition of the adult population. Because the sample is based on those who agreed to participate in the online panel, no estimates of theoretical sampling error can be calculated.

## About The Harris Poll

Over the last 5 decades, Harris Polls have become media staples. With comprehensive experience and precise techniques in public opinion polling, along with a proven track record of uncovering consumers' motiva-

# And How Many Adults in the U.S. are Vegetarian?

tions and behaviors, The Harris Poll has gained strong brand recognition around the world. The Harris Poll offers a diverse portfolio of proprietary client solutions to transform relevant insights into actionable foresight for a wide range of industries, including health care, technology, public affairs, energy, telecommunications, financial services, insurance, media, retail, restaurant, and consumer packaged goods.

With U.S. adults 18 and over numbering about 240 million, we can estimate the number of vegetarians in the U.S. adult population, based on this poll, to be approximately eight million adults. Vegans included in the vegetarian figure would be around one million people. Two of the highest subcategories for vegetarians were 18-34-year-olds at six percent, and those households earning under \$50,000 at 7%. Polls can't really be compared, but in 2009, 3.4% of the adult population in our Harris poll was vegetarian and in this current poll 3.4% of the population is vegetarian. Though anecdotal, some people have told us in presentations that they are eating animal products because of promotion of labeling of "humanely" raised animals and/or promotion of high protein diets. We do not know if there would have been more or less growth in the number of vegetarians if those factors did not exist.

The numbers could indicate that lower-income people are more likely to be vegetarian, but maybe younger people and students are more likely to be vegetarian, and they just happen to be lower income. We don't really know if young people are vegetarian at a higher rate because of income, or because of beliefs, or a combination of both.

According to our other research, the needs of the individuals interested in vegetarian meals can be different.

For example, food companies and restaurants should note that consumers may be looking for vegan, low-sodium, gluten-free, locally grown, organic, gourmet, kosher, or other selections. If developing a vegetarian product or offering vegetarian meals, they will need to do more research on their customers' food preferences. In addition, when considering products and marketing strategies, businesses should consider the special needs of vegetarians versus those interested in vegetarian meals.

People who Never Eat Meat, Fish or Poultry (Total Number of vegetarians, including vegans)	
3.4%	Total
3%	Male
3.7%	Female
6%	ages 18-34
3%	ages 35-44
3%	ages 45-54
2%	ages 55-64
2%	ages 65+
5%	Northeast*
3%	Midwest
3%	South
3%	West
3%	Hispanic
8%	Black
7%	Below \$50,000 household income
2%	\$50,000 - \$75,000 household income
1%	\$75,000 - \$100,000 household income
2%	Over \$100,00 household income

## How Often do American Adults Eat Vegetarian Meals?

(Don't eat meat, fish, seafood, or poultry)

8%	One meal per week
5%	One day per week
10%	Many of my meals, but less than half the time
10%	More than half my meals, but not all the time
3.4%	Always (Vegetarian including vegans** – Never eat meat, fish, or poultry. )
36%	Estimated population who eats vegetarian meals

\*\*Close to 15% of vegetarians were vegan – never eat meat, fish, poultry, dairy, or eggs.

**People Who Eat One or More Vegetarian Meals Per Week**  
(Including vegetarians and vegans)

36%	Total
33%	Male
39%	Female
47%	ages 18-34
37%	ages 35-44
27%	ages 45-54
26%	ages 55-64
36%	ages 65+
39%	Northeast*
34%	Midwest
33%	South
40%	West
53%	A student 18 or over



\* The Northeast Includes CT, DE, DC, ME, MD, MA, NH, NJ, NY, PA, RI, VT, and WV. The Midwest includes IL, IN, LA, KS, MI, MN, MO, NE, ND, OH, SD, and WI. The South includes AL, AR, FL, GA, KY, LA, MS, NC, OK, SC, TN, TX, and VA. The West includes AK, AZ, CA, CO, HI, ID, MT, NV, NM, OR, UT, WY, and WA.

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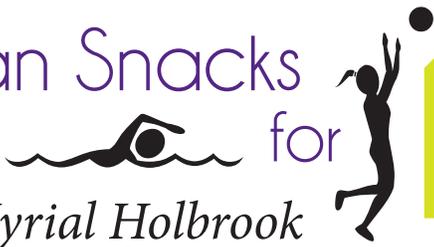
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# Vegan Snacks for Athletes

by Myrial Holbrook



If you've ever been vegan or vegetarian, you've probably endured the following interrogation:

*"Don't you miss meat?"*

*"But what do you eat?"*

*"Do you get enough protein?"*

*"What about an iron deficiency?"*

I've been a vegetarian since the age of six, so I've come to realize that these concerns, though certainly repeated ad nauseam, really are crucial in the crafting of not only an ideal vegan or vegetarian diet, but also any balanced diet. We can all easily fall into unhealthy snacking habits, justifying unhealthy choices through exercise. No one can attain dietary perfection, but making health-conscious snack choices can be a great start for anyone. And guess what – It's not hard to do.

From ballet to field hockey to basketball to yoga to track, I've endured the physical exertion and enjoyed the rewards of physical activity. Drawing from my experience, I will be sharing my favorite vegan snacks. These are the foods that help provide me with the burst of energy before workouts and the recovery essentials after exercise.

Now for the tasty part: the snacks themselves. Before workouts, I usually eat a small, whole-wheat bagel with natural peanut butter and apple slices, which definitely fills me up and leaves me ready to play. Other options include granola bars packed with protein and dried fruit. I try to stay away from most store-bought bars with processed sugars disguised as organic cane syrup, brown rice syrup, or agave nectar. For this reason, I usually make my own granola bars by baking a mix of oats, chia seeds, flax seeds, pumpkin seeds, sunflower seeds, nuts or nut butters, and dried fruit. For some added flavor, I keep it simple with a dash of cinnamon and nutmeg. This kind of granola bar is perfect for a pre-game or pre-workout snack.

Here are some other pre-exercise snacks that I love:

- Banana or apple slices and peanut butter
- Quinoa hot cereal with apples and cinnamon
- Dried, unsweetened fruit and unsalted nuts
- Baked sweet potato with vegan spread and paprika

- Oatmeal with blueberries and walnuts
- Whole wheat pita with red pepper hummus
- Slice of whole wheat toast with almond butter or sliced avocado and lemon juice
- Homemade granola and unsweetened almond, coconut, or soy milk

In addition to snacking before exercising, hydration is also crucial. I often sip unsweetened green tea before early-morning workouts. Before varsity field hockey or basketball games, I usually drink coconut water. If I'm ever struggling with muscle cramps, headaches, and soreness, however, drinking pure water almost always proves to be the best hydration option to relieve these ailments, for me, at least.

After a tiring game or a long run, I replenish with lots of water, followed by a restorative smoothie or snack. In my smoothies, I tend to blend whatever I have handy at home, which is usually bananas, berries, nut butter, and soymilk. My post-workout snack usually includes chopped veggies and a homemade dip.

Here's a list of my favorite post-workout snacks:

- Quinoa crackers with guacamole and salsa
- Soy yogurt with chia seeds and berries
- Cooked lentils or chickpeas
- Steamed edamame with a little salt
- Protein smoothie with soymilk, banana, peanut butter, and berries
- Green smoothie with kale, lemon, coconut water, apple, and ginger
- Whole grain tortilla with beans, brown rice, squash, and zucchini
- Hummus and red bell pepper, cucumber, carrots, or cauliflower
- Banana "nicecream" (To make, freeze ripe bananas in round slices for several hours, blend the slices in a food processor until smooth, then add your favorite nut butter, nuts, fruit, or dark chocolate.)

**Myrial Holbrook is a former Vegetarian Resource Group intern and played numerous sports in high school. She is a student at Princeton University.**

# veggie bits

## Cruelty-Free Chick'n

For those days when you want a flavorful addition to your veggies or noodles, Tofurky's Slow Roasted Chick'n will satisfy your cravings. All products in this line are easy to sear or steam and can even be enjoyed cold. If you're looking for something mild to add to your salad, the Lightly Seasoned Chick'n will compliment greens wonderfully. For a sweet and zesty twist to your grains, try the Sesame Garlic Chick'n, or if you're more of a savory and rich spices person, check out Tofurky's version of Tandoori Chick'n. Tofurky Slow Roasted Chick'n is also available in BBQ Style and Thai Basil. These versatile products are great-tasting meat analogs for new vegans like myself, and will be a welcome addition to any vegan's meal repertoire. Visit [www.tofurky.com](http://www.tofurky.com) for a store-finder and recipe suggestions. *Written by Navaal Mahdi, VRG intern.*



## Creative Frozen Asian Meals

If you have a busy schedule like I do, you know how difficult it can be to prepare lunch and dinner on some days. Amy's Kitchen has released new frozen Asian Meals – Chinese Noodles and Veggies, and Thai Green Curry – which are a little over \$5 per box. They are gluten-free and made with wholesome ingredients that are mostly organic, so you know you're doing your body a favor when you invest in these meals. I enjoyed the convenience of not having to add anything on top of the pre-prepared Chinese noodles; all of my favorite vegetables like mushrooms, broccoli, and edamame were already included, and the cashew cream sauce on top helped to successfully mix the varying flavors in the dish. If you enjoy Thai food, the Thai Green Curry is a winner. The organic fire roasted sweet potatoes are delightful with the other mixed vegetables and tofu. The jasmine rice helps fill you up! You can find these Amy's Kitchen products at most Whole Foods stores, and a complete store list and locator can be found at [www.amys.com](http://www.amys.com). *Written by Navaal Mahdi, VRG intern.*



## Beanfields

You may initially try Beanfields Bean & Rice Chips for the allure of healthy chips, but you'll stay for the addictive, flavorful taste. When stuffing chip after chip into your mouth, it's easy to forget that you're consuming at least 4 grams of fiber, 4 grams of protein, and 200 mg of potassium per serving. The chips are crispy, and reminiscent of the traditional tortilla chip or Doritos, except with 36% less fat. They come in seven different flavors: Sea Salt, Nacho, Unsalted, Pico de Gallo, Ranch, Salt n' Pepper, and Barbecue. The Salt n' Pepper flavor lives up to its name with a peppery kick, every spicy Pico de Gallo chip seems like a snack of its own, and you could munch on the Unsalted variety forever. All Beanfields Bean & Rice Chips are vegan, corn-free, non-GMO certified, free of the 8 most common allergens, and Kosher parve. You can purchase them in cases of either 12/6 oz. or 24/1.5 oz., which are perfect amounts to store in your pantry or serve at a party. For more information, visit [www.beanfieldssnacks.com](http://www.beanfieldssnacks.com). They're available at over 4,000 stores in the United States, Canada, Australia, and Asia, as well as from online retailers such as Amazon.com. To locate a store near you carrying these family-owned snacks, visit <http://www.beanfieldssnacks.com/store-locator/>. *Written by Anna Balfanz, VRG intern*



## Lovely Treats

Packaged sweets don't usually cut it for my seemingly insatiable sweet tooth, until now. Liz Lovely has made a perfect, decadent cookie. In fun flavors like Ginger Snapdragon, Cowgirl Cookie (their take on a classic chocolate chip), Chocolate Moose Dragon, and Snickerdudes, these are sure to satisfy your cravings for something tasty and cruelty-free. In addition to cookies, Liz Lovely also carries truffles made by taking the dough from their melt-in-your-mouth cookies and covering it in dark, rich chocolate. Taste aside, these products are certified vegan, non-GMO, kosher, and gluten free! You can purchase them online (all orders are free shipping!) or nationwide at health food stores. *Written by Anne Custer, VRG intern.*



## Fig Bars

Nature's Bakery Fig Bars are conveniently packaged as two small bars, making them a perfect on-the-go snack. They come in 9 flavors: stone ground whole wheat Raspberry, Blueberry, Lemon, Peach Apricot, Apple Cinnamon, Strawberry, Mango, Pumpkin Spice, and Original Fig. The Blueberry, Fig, and Raspberry flavors are also available as a gluten-free option, and there is a Pomegranate flavor that is exclusively gluten-free. Fig Bars are vegan and free of trans fats and cholesterol. Flavors like Raspberry and Mango will especially be loved by those with a sweet tooth, whereas Apple Cinnamon and Original Fig are great for those who prefer a moderately sweet-tasting snack. Nature's Bakery products are sold at large supermarket chains like Costco and Giant and are also available in natural markets. For more information on Nature's Bakery Fig Bars, as well as to locate where they are sold near you, visit [naturesbakery.com](http://naturesbakery.com). *Written by Navaal Mahdi, VRG intern.*



## Culture Shock

Probiotics in a burrito? I was a little skeptical of Sweet Earth Natural Foods probiotic Get Cultured Breakfast Burrito. The first bite, however, was a culture shock—literally. Who knew cultured probiotics could actually taste delicious in a savory burrito? This burrito combines seasoned tofu, fermented red pepper, crisp cabbage, vibrant edamame, and fresh ginger harmoniously inside a whole wheat tortilla. The tofu and veggies burst with a Korean-inspired spice that makes the burrito unlike any other I've ever tasted. Hidden amongst the spicy tofu and veggies is a heat-resistant probiotic strain called *Bacillus Coagulans* GBI-30 6086 that promotes digestive health. So if you're not a huge fan of soy yogurt or kombucha, this breakfast burrito is perfect for you! Pop it in the microwave for a satisfying breakfast or an afternoon snack packed with 12 grams of protein and 8 grams of fiber. Depending on your taste and dietary preferences, you might want to try one of the other four flavors: Protein Lover's, Get Focused!, Stay Zen, or Lighten Up!. To find out more about Sweet Earth's probiotic breakfast burritos, visit [www.sweetearthfoods.com](http://www.sweetearthfoods.com). *Written by Myrial Holbrook, VRG intern.*



## Daiya Cheezecake

Rich, creamy, velvety, silky, luscious cheesecake. Drooling yet? You might think that it's difficult to find delicious dairy-free cheesecakes as a vegan, but with Daiya's new "Cheezecakes," you will suffer cheesecake-deprivation no more. These Cheezecakes are unbelievably creamy and rich—the texture and taste is just like (maybe even better than) dairy cheesecake. All four flavors — New York, Chocolate, Strawberry, and Key Lime — are indulgent and satisfying. The New York flavor is classic and simple in its velvety sweetness; the Chocolate is rich and dark in flavor (with a fabulous chocolate crust); the Strawberry is thick, creamy, and bursting with fruitiness; and the Key Lime is tangy and sweet in perfect balance. As an added bonus to being vegan, these Cheezecakes are also gluten- and soy-free. Treat yourself to decadent, dairy-free deliciousness, available at most Whole Foods nationwide. *Written by Myrial Holbrook, VRG intern.*



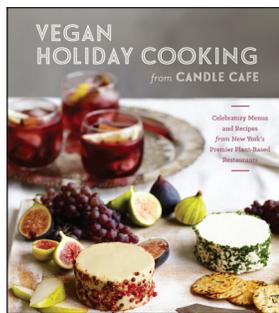
## Super Seedz

Roasting pumpkin seeds fresh out of a Halloween jack-o-lantern is a time-honored seasonal tradition. Now, SuperSeedz are a way to enjoy pumpkin seeds as a year-round healthy snack on the go. Beyond the traditional tossed with sea salt variety, SuperSeedz offers Super Spicy, Somewhat Spicy, Tomato Italiano, Curious Curry, Coco Joe, Cinnamon & Sugar, Really Naked, and Maple Sugar & Sea Salt flavors, all sold in 5- or 1-ounce snack packs. The seeds are dry-roasted without their shells so that you can just pop them in your mouth without chewing on (or trying to pick off) the shell. Each flavor tastes distinctively different, with my favorite flavor being Super Spicy, though beware—this flavor is true to its name! SuperSeedz are sold in national grocery chains and natural foods stores nationwide, including Whole Foods, Sprouts, and Safeway. You can also purchase them online at [superseedz.com](http://superseedz.com). *Written by Samantha Gendler.*



## VEGAN HOLIDAY COOKING FROM CANDLE CAFE

By Joy Pierson, Angel Ramos, and Jorge Pineda



This gourmet cookbook features vegan recipes from the chefs working at Candle Café's three restaurants in New York City. The chapters are divided by festivities and you will find beautiful photographs throughout the book.

The Super Bowl Menu includes dishes such as Wheat Ball Heroes (made with seitan) and Stout Brownies. To celebrate the Lunar New Year you may want to prepare Grilled Bok Choy with Sesame-Ginger Sauce or Maple-Roasted Kabocha Squash and Pickled Lotus Root. On Valentine's Day you can serve Molten Chocolate Cake with Raspberry Coulis.

An Easter Brunch is featured including French Toast Coffee Cake and Quinoa Vegetable Cakes. Passover Seder dishes are also offered including Sweet Potato and Apricot Tzimmes. Please note that most of the recipes in the Passover section would not be acceptable to European Jews, who traditionally do not eat legumes, tofu, or seitan during Passover. These dishes could be served during other Jewish holidays.

Celebrate Cinco de Mayo with Tempeh Fajitas or Caramel Flan. On the 4th of July, serve Creamy Crunchy Cole Slaw, Baked Maple Pinto Beans, or Chile-Crusted Grille Corn.

When Thanksgiving rolls around, your family might enjoy Wild Rice and Cornbread Stuffing or Pecan Pie with Cinnamon Ice Cream. During Christmas, treat your friends to Roasted Cauliflower and Fennel Soup with Truffle Oil, Potato Gratin, Spiced Bread Pudding, or Gingerbread Molasses Cookies.

On New Year's Eve you can serve Vegetable Black-Eyed Pea Soup; Beluga Lentil Salad with Green Beans, Grapes, and Champagne Vinaigrette; and Truffle Tofu Medallions with Wild Mushroom and Pinot Gris Sauce.

***Vegan Holiday Cooking from Candle Cafe* (ISBN 978-1-60774-647-8) is a 176-page hardcover book. It is published by Ten Speed Press and retails for \$22.99. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**

## THE MODERN SAVAGE

By James McWilliams

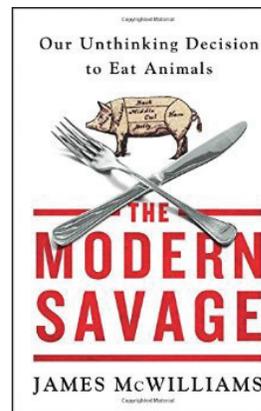
James McWilliams divides this book into two broad themes. The first few chapters discuss the moral problems with eating the animals people claim to care about. This includes a look at leading individuals in the food movement who constantly downplay or ignore the ethical implications of eating meat. Later in the book McWilliams explores life on small, nonindustrial farms and shows that they too have many problems. Finally, the author concludes that we have a dysfunctional food system and the most effective way to act is to stop eating animals raised for food we don't need.

Some of us know individuals who think factory farming is wrong; however, many of these people keep eating animals that they believe have been raised the "right" way. To them, the right way might include organically, locally, seasonally-raised, etc. Numerous people have bought into this mindset. You see this when you view shelves of "humane" eggs and organic milk in stores. The author asks, "How can we claim to care about an animal's welfare and then support the killing of that animal?" Unfortunately, people choose to ignore this question. Also, the author states, "We have to include the entire cycle of life and death in our analysis of animal agriculture." The fact is that most animals from small farms end up in industrial slaughterhouses.

*The Modern Savage* also talks about the environmental issues related to raising animals, difficulties related to raising animals in your backyard, disease issues, and more. McWilliams strongly believes we need to make the human-animal emotional bond a central point of discussion in our larger debates about ethical eating and food reform.

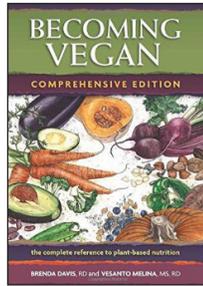
This work focuses on topics that should be addressed by the public more often today. A copy of this book belongs in every library.

***The Modern Savage* (ISBN 978-1-250-03119-8) is a 304-page hardcover book. It is published by Thomas Dunne Books and retails for \$25.99. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**



## BECOMING VEGAN. COMPREHENSIVE EDITION

By Brenda Davis, RD and  
Vesanto Melina, MS, RD



Vegan dietitians Brenda Davis and Vesanto Melina have outdone themselves! They have published a comprehensive edition of *Becoming Vegan* that is described as “the complete reference to plant-based nutrition.” I can’t think of a better description for this book. In 612 highly-readable pages, Davis and Melina explain everything that readers will need to know about vegan diets. This fully referenced edition was created to complement *Becoming Vegan, Express Edition* (reviewed in *Vegetarian Journal*, issue 4, 2014). This comprehensive edition provides a more in-depth look at vegan nutrition that will be helpful to health care professionals and to anyone who wants to delve into this area.

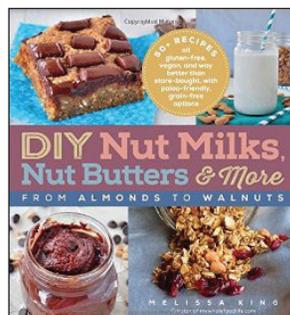
This is not a dry, academic text, however. Many of the same techniques that made the express edition so accessible are used here. The book features tables, bulleted points and sample menus to help organize and present information. Chapter topics include reasons for choosing a vegan diet, health benefits, protein, fat, carbohydrate, vitamins, minerals, vegan diets in the life cycle, weight issues, sports nutrition, and menus.

I highly recommend *Becoming Vegan Comprehensive Edition* and know it is a book that I will often refer to.

***Becoming Vegan. Comprehensive Edition* (ISBN 978-1-57067-297-2) is published by Book Publishing Company. It has 612 pages and retails for \$29.95. Look for this book in your local bookstore. Reviewed by Reed Mangels, PhD, RD.**

## DIY NUT MILKS, NUT BUTTERS, AND MORE

By Melissa King



This cookbook has over 50 recipes featuring nut milks and nut butters that are gluten-free and vegan (except for the occasional use of honey; however, maple

syrup is given as an alternative). You can save money by making your own nut milks and nut butters at home.

Nut milks in this book include Chocolate Cashew Milk, Strawberry Brazil Nut Milk, Vanilla Hazelnut Milk, spiced Pistachio Milk, and others. Use these milks to prepare items such as Spiced Chai Milk.

Enjoy making Chocolate Hazelnut Spread, Maple Cinnamon Macadamia Spread, Cinnamon Pecan Butter, and other nut butters. Recipes are also given using nut pulp including Grain-Free Peanut Butter Banana Pancakes and Maple Vanilla Almond Granola.

For breakfast, consider baking Banana Walnut Baked Oatmeal Muffins or Peanut Butter Chocolate Chip Donuts. You can also prepare a nut-based smoothie such as Mixed Berry and Kale Smoothie.

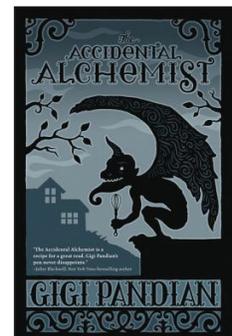
You’ll also find baked and un-baked treats. Try Strawberry Tarts with Cashew Cream, White Chocolate Coconut Fudge, Almond Butter Mousse, or Flourless Almond Butter Blondies. Frozen desserts include Chocolate Hazelnut Ice Cream or Pistachio Ice Cream.

This book includes colorful photos. Also, please keep in mind that these nut milks are not fortified.

***DIY Nut Milks, Nut Butters, and More* (ISBN 978-1-61519-230-4) is a 224-page book. It is published by The Experiment and retails for \$19.95. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**

## THE ACCIDENTAL ALCHEMIST

By Gigi Pandian



This mystery continuously refers to vegan cuisine. The main character, Zoe Faust, is an herbalist and secret alchemist. She moves to Portland, Oregon, to start a new life; however, due to some unique circumstances, her life actually goes back to the way it was long ago. Zoe is unpacking her belongings and finds herself in possession of a strange little stone gargoyle. She quickly learns that the gargoyle is a living being and it needs her help to stay alive. Readers won’t want to put this book down.

***The Accidental Alchemist* (ISBN 978-0-7387-4437-7) is a 350-page book. It is published by Midnight Ink and retails for \$14.99. You can purchase this book from your local bookstore or online. Reviewed by Debra Wasserman.**

# Vegan Cooking Tips

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## Quick & Easy **FESTIVE** Treats for the **HOLIDAY** Season

by Nancy Berkoff, RD, EdD, CCE

'Tis the season... to come up with tasty treats that don't take too much time to make! And, it might be nice if we can use some of our holiday foods as gifts as well. (See cover photo!)

### Pretzels

Nothing is faster and more fun than a pretzel mix. This takes shopping plans but very little preparation. Purchase a variety of bite-size pretzels, including different shapes and different flavors, and toss them in a big bowl with crumbled nori (dried seaweed, also known as sushi wrappers). That's your basic savory mix. You can place small dishes of chopped nuts (such as walnut, pecans or peanuts), red pepper flakes, nutritional yeast, assorted cold cereals, or roasted soy beans on the side, or mixed in, as you think your guests might like.

For a sweet mix, toss pretzels with golden and black raisins. On the side, or mixed in, you can have shredded coconut, assorted bite-size dried fruit (such as dried pineapple, apples, blueberries, papaya, or mango), assorted cold cereals, and carob chips.

You can make up a bowl of the sweet or savory mix, place it in attractive gift containers, tie it up with a bow, and you've got your contribution to a holiday gathering.

### Popcorn

Try the same thing with popcorn: prepare a sweet or savory mix and serve at your own gatherings or bring to the holiday festivities.

Try placing popcorn in a single layer on a nonstick baking sheet, sprinkle it with shredded coconut and drizzle with maple syrup, then bake for just a few minutes until the flavors have time to meld. Place in a bowl and serve hot.

For your pretzel or popcorn mixture, you can set up a flavoring bar with soy sauce, teriyaki sauce, hot sauce, chili powder, cinnamon, powdered ginger, various herb and spice blends, dried lemon or orange peel, etc.

### Layered Sandwiches

Save slices of bread from different loaves and refrigerate until you are ready to use them. Line a deep casserole dish with parchment paper. Layer slices of different types of bread and your favorite sandwich fillings. Before start-

ing a new layer, tamp down the existing layer with a plate or heavy food-safe weight. Continue to layer until the casserole is full. Top with parchment paper, place several plates on top and refrigerate for at least two hours before serving. Serve right out of the casserole or cut out sections and place on a serving plate to reveal all the layers.

### Layered Dips

Locate a deep glass serving dish or bowl. Either prepare or purchase a variety of dips including hummus, guacamole, corn relish, etc. Have tomato paste and vegan sour cream available to create colorful "barriers" between the layers. Layer the thicker dips first, separate with a layer of tomato paste or sour cream, and continue to alternate dips until the dish or bowl is full.

### Hot Salads

Wilted greens are fast, colorful, and make a nice hot complement to cold appetizers or dips and chips. Simply heat a deep pot, such as a Dutch oven, and add a small amount of oil. Toss in washed greens — spinach, kale, beet greens, etc. — and toss and cook until all are cooked. Serve as a stand alone, or over some steamed grains or as a topping for toasted bread.

If you have any leftovers, purée them and add to hummus to make a "green dip" or add to salad dressing or vegetable soups.

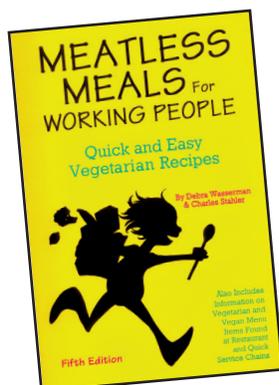
### Compote

Make a note when dried fruit is on sale and start to accumulate a variety of dried fruits including prunes, raisins, apricots, apples, peaches, pears, etc. Toss your dried fruit mixture in a large pot with a small amount of apple juice, cinnamon, and ginger and allow to slowly simmer until the fruit is soft. Refrigerate until ready to serve (when you can warm it up again). This lasts for at least a week in the refrigerator, and can be served by itself or over sorbet or toasted pound cake.

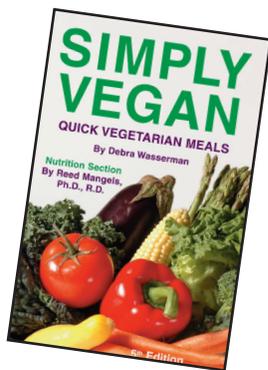
Compote makes a pleasing addition to parties and is easy to pack up and bring along. To create an edible gift, clean and sanitize re-sealable glass jars. Place a layer of colorful dried fruit, such as golden raisins, apricots, or pineapple. Spoon compote into the jar, top with more dried fruit and seal.

# VRG Catalog

## Books

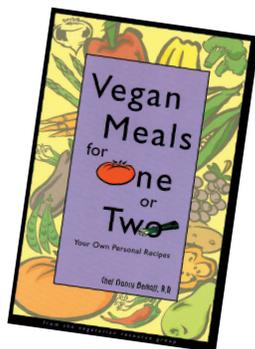


**Meatless Meals for Working People – Quick and Easy Vegetarian Recipes** (\$12) by Debra Wasserman. We recommend using whole grains and fresh vegetables. However, for the busy working person, this isn't always possible. This 192-page book contains over 100 fast and easy recipes and tells you how to be a vegetarian within your hectic schedule using common, convenient foods. Spice chart, low-cost meal plans, party ideas, information on fast food restaurants, soy dishes, and more. Over 100,000 copies in print.



**Simply Vegan** (\$15.95) by Debra Wasserman and Reed Mangels, PhD, RD. These 224 pages contain over 160 quick and easy vegan recipes, a complete vegan nutrition section, and a list of where to mail order vegan food, clothing, cosmetics, and household products. Vegan menus and meal plans. Over 100,000 copies sold.

**Conveniently Vegan** (\$15) by Debra Wasserman. Prepare meals with all the natural foods products found in stores today, including soymilk, tempeh, tofu, veggie hot dogs... You'll find 150 recipes using convenience foods (including canned beans) along with grains, fresh fruits, and vegetables. Menu ideas, product sources, and food definitions included. (208 pp.)



**Vegan Meals for One or Two—Your Own Personal Recipes** (\$15) by Nancy Berkoff, RD. Whether you live alone, are a couple, or are the only one in your household who is vegetarian, this 216-page book is for you. Each recipe is written to serve one or two people and is designed so that you can realistically use ingredients the way they come packaged from the store. Information on meal planning and shopping is included, as well as breakfast ideas, one-pot wonders, recipes that can be frozen for later use, grab-and-go suggestions, everyday and special occasion entrées, plus desserts and snacks. A glossary is also provided.

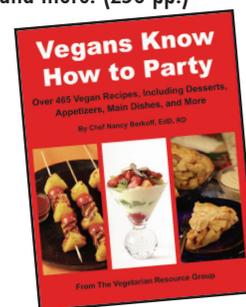
**Vegan in Volume** (\$20) by Nancy Berkoff, RD. This 272-page quantity cookbook is loaded with terrific recipes serving 25. Suitable for catered events, college food services, restaurants, parties in your own home, weddings, and much more.

**No Cholesterol Passover Recipes** (\$9) by Debra Wasserman. Includes 100 eggless and dairyless recipes. Seder plate ideas. (96 pp.)

**The Lowfat Jewish Vegetarian Cookbook—Healthy Traditions from Around the World** (\$15) by Debra Wasserman. Over 150 lowfat international vegan recipes with nutritional breakdowns, including Romanian Apricot Dumplings, Pumpernickel Bread, Polish Stuffed Cabbage, Potato Knishes, North African Barley Pudding, and much more. Menu suggestions and holiday recipes. (224 pp.)

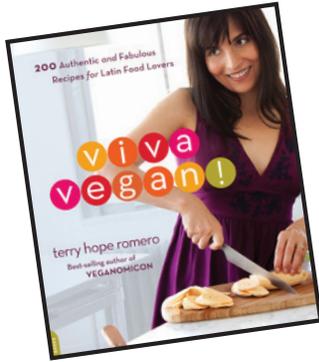
**Vegan Seafood: Beyond the Fish Shtick for Vegetarians** (\$12) by Nancy Berkoff, EdD, RD. Chef Nancy Berkoff has created unique vegan fish and seafood dishes. Avoid fish but still enjoy the taste of the sea with 'Fish' Sticks, 'Tuna' Salad, and much more!

**Vegan Handbook** (\$20) edited by Debra Wasserman and Reed Mangels, PhD, RD. Over 200 vegan recipes and vegetarian resources. Includes sports nutrition, seniors' guide, feeding vegan children, recipes for egg-free cakes and vegan pancakes, Thanksgiving ideas, vegetarian history, menus, and more. (256 pp.)

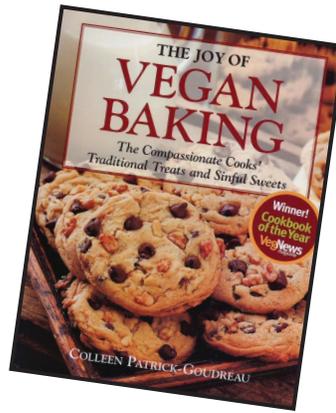


**Vegans Know How to Party** (\$25) by Chef Nancy Berkoff. This 384-page book teaches you how to put on a soiree for vegans and all who enjoy great food! It features over 465 recipes, including appetizers, soups, salads, ethnic cuisine, sandwiches, and—of course—desserts like pies, cakes, and cookies! Also inside are tips for basic party planning, kids' parties, cooking for a crowd, working with a caterer, and more!

**Vegan Menu for People with Diabetes** (\$10) by Nancy Berkoff, EdD, RD. This 96-page book gives people with (or at risk for) diabetes a four-week meal plan, exchange listings for meat substitutes and soy products, and recipes for dishes such as Creamy Carrot Soup, Tangy Tofu Salad, Baked Bean Quesadillas, and French Toast.



**Viva Vegan** (\$18.95) by Terry Hope Romero. This 283-page book has 200 recipes including Chorizo Seitan Sausages, Habenero-Melon-Papaya Salsa, Salvadorian Marinated Slaw, Sweet and Nutty Roasted Stuffed Plantains, Braised Brazilian Shredded Kale, Peruvian Potatoes with Spicy "Cheezy" Sauce, Homemade Soft Corn Tortillas, Black Bean-Sweet Potato Tamales, Corn-Crusted Pumpkin-Potato Empanadas...



**The Joy of Vegan Baking** (\$21.99) by Colleen Patrick-Goudreau. This cookbook features 150 familiar favorites. From cakes, cookies, and crêpes to pies, puddings, and pastries - this book will show you just how easy, convenient, and delectable baking without eggs and dairy can be. Enjoy Chocolate Chip Scones, Lemon Cheesecake, Cinnamon Coffee Cake, Soft Pretzels, Dessert Crêpes, Oatmeal Raisin Cookies, Apple Cobbler, Chocolate Almond Brittle, Chocolate Peanut Butter Cupcakes, plus much more. (288 pp.)

**Vegan Microwave Cookbook** (\$16.95) by Chef Nancy Berkoff, RD. This 288-page cookbook contains 165 recipes, some taking less than 10 minutes. It also includes

information for converting traditional recipes to the microwave, microwave baking and desserts, breakfasts, and recipes for holidays and parties.

**I Love Animals and Broccoli Coloring Book**  
A coloring book that promotes healthful eating and vegetarianism for children ages 3-7.

**Vegetarian Nutrition for Teenagers**  
Brochure with all of the basics about veggie nutrition.

(For these items, a donation to cover printing and postage would be appreciated.)

### Bumper Stickers

**Bumper Stickers** (\$1 each, 10+ \$.50 each)  
"Be Kind to Animals—Don't Eat Them"  
"Vegetarians Are Sprouting Up All Over"

### Vegetarian Journal

**Vegetarian Journal** subscriptions are \$25 per year in the U.S., \$35 in Canada/Mexico, and \$45 in other countries.

### Reprints from Vegetarian Journal

Non-Leather Shoes, Belts, Bags, etc. (\$5)  
Guide to Food Ingredients (\$6)

## Order Form

To order, mail to The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203; place your order over the phone at (410) 366-8343 Mon-Fri 9 a.m. to 5 p.m. Eastern time; fax your order form to (410) 366-8804; or order online at our website: [www.vrg.org](http://www.vrg.org)

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**\*SHIPPING AND HANDLING CHARGES**  
 For orders under \$30, add \$6 (\$10 Canada/Mexico) for shipping.  
 For orders over \$30, shipping is free within the continental U.S.  
 For other foreign orders, inquire about shipping charges first.

# Vegetarian Action

## John Lytle: Vegan Cooking at a Soup Kitchen

One of The Vegetarian Resource Group's members, John Lytle from New Jersey, has been volunteering with his family at the Unitarian Universalist Congregation at Montclair, Montclair Emergency Services for the Homeless (UUCM MESH).

John, along with his wife and daughter, goes to the soup kitchen almost every Wednesday to prepare a vegan meal. "I'm known as the dessert guy," he said. To meet the quantity needs of the people there, John used the VRG's book *Simply Vegan* and modified our Chocolate Pudding recipe to serve 72 portions, rather than three. "It was well received. I usually don't make 72 portions of anything, but last week we had 60 guests and the math worked well, grossing up the recipe that is, for making 3 batches of 24 portions each. We ended up having 66 guests, and having 60 or more seems to be the new normal." He even tweaked our original recipe a bit, putting a Mexican twist on some servings of the chocolate pudding by adding cinnamon and chili pepper for a spicy kick.

Though John has earned his reputation as the dessert guy at UUCM MESH, he recently decided to serve one of VRG's savory dishes as well: Vegan Sloppy Joes from the Vegan Cowboy Cuisine article in Issue 2 2010 of *Vegetarian Journal*. Based on the results of a test-run when he made the sloppy joes at home for his family, he made a few adjustments to our recipe when doubling the portion size to serve at UUCM MESH and it sounds like a hit. You can read his complete recipe on his blog: <https://johnlcooks.wordpress.com> and you can find our Chocolate Pudding recipe, along with many more, in *Simply Vegan*, which is available for purchase on our website at [www.vrg.org/catalog/simplyvegan.htm](http://www.vrg.org/catalog/simplyvegan.htm).



Chocolate Pudding Recipe from *Simply Vegan*  
(Serves 3)

1½ cups soymilk  
3 Tablespoons cornstarch  
¼ teaspoon vanilla  
¼ cup maple syrup  
¼ cup cocoa powder  
2 bananas, sliced (optional)

Whisk all the ingredients (except the bananas) together in a pot. Cook over medium heat, stirring constantly, until pudding thickens.

Remove pot from stove. Stir in sliced bananas if desired. Chill for at least 15 minutes before serving.

*Variation:* Replace chocolate powder with non-dairy carob powder.

Measurements for 12 servings:

6 cups (1.5 quarts) soymilk  
¾ cup cornstarch  
1 teaspoon vanilla extract  
1 cup maple syrup  
1 cup cocoa powder

Measurements for 24 servings:

12 cups (3 quarts) soymilk  
1½ cups cornstarch  
2 teaspoons vanilla extract  
2 cups maple syrup  
2 cups cocoa powder

Measurements for 30 servings:

15 cups (1 gallon minus 1 cup) soymilk  
1¾ cups plus 2 Tablespoons cornstarch  
2½ teaspoons vanilla extract  
2½ cups maple syrup  
2½ cups cocoa powder



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**Intern at VRG**  
 An internship at The Vegetarian Resource Group is a great way for students to gain experience with research, writing, and community outreach. “I came to The VRG wanting to learn how to be firm in my beliefs regarding veganism, and I’m leaving having gained that skill,” Navaal Mahdi (left) said. “When someone asks me why I

choose to be vegan, I now know how to confidently respond. What’s even better is that though I’ve gained so much knowledge here, I can’t wait to continue to learn about my passions. My work with The VRG has taught me that if you keep exploring and advocating for what you love, you’ll finally find your calling. I want to make a positive change in the world, and I’m so motivated to do that now.”

If you would like to apply for a VRG internship, please email a resume, writing sample, and cover letter detailing your interests, skills, goals, and vegetarian knowledge to [vrg@vrg.org](mailto:vrg@vrg.org).

**INSIDE THIS ISSUE: THE 2015 SCHOLARSHIP WINNERS; VEGAN ACTIVISM IN A SOUP KITCHEN; PRODUCT AND BOOK REVIEWS; HOW OFTEN DO AMERICANS EAT VEGETARIAN MEALS?**

**Richmond VegFest**

Pictured below: Interns Anne Custer and Ivy Grob staffing The Vegetarian Resource Group booth at the Richmond VegFest. In addition to selling books and passing out *Vegetarian Journals*, coloring books, and pamphlets on veganism, they educated visitors and answered questions. “Most people who visited the booth were already vegetarian or vegan; however, one lady we talked to was vegan until she traveled abroad and couldn’t find anything to eat. We directed her to our website where there is a plethora of information about vegan travel,” Custer said.

“Working the outreach booths doesn’t feel like work to me,” Ivy said. “I’m thankful that I’m able to be a part of an organization that strives to be a positive source of information through public events, like VegFest, to promote a healthy life and environment.”



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